

HIP HOP
POP
Pouring On the Pounds

HIP HOP
Public Health Education Center
at Harlem Hospital

ESCAPE FROM SODA ISLAND!

Time to Escape from Soda Island
Or You'll Be Pouring On the Pounds



SING ALONG



Soda Pop Stop, Soda Pop Stop.
No matter what you got time to Soda Pop Stop



CALORIE CAVE

Coffee Drinks

Sweet Teas

Soda

COFFEE DRINK

Sweet TEA

SODA

Less Vitamins
and Minerals

Sugar Sweetened Beverages
have more
Empty Calories

Extra Calories
from
Sugar and Fat

CHOCOLATE MILK

Vitamins
and
Minerals

are the keys to help
our bodies look good
and feel good.

FRUIT DRINK

SLOW

Extra Calories
can lead to
Extra Weight

SPORTS DRINK

We know you really like it in the summer when it's hot
but you're pouring on the pounds, that's the meaning of the POP.

SING ALONG



Switch it up, put some water in your cup!

Choose these drinks instead

More Vitamins and Minerals

Few or No Calories from Sugar and Fat

DRINK THESE EVERYDAY!



Water



Low-Fat Milk

Eat Healthy and Exercise

GO



How many Packets of Sugar are in a 20oz Bottle of Soda?

1. 7 sugar packets
2. 12 sugar packets
3. 17 sugar packets

17 Sugar Packets That's 250 Calories!!



SODA = EMPTY Calories

So Many Names for Sugar

Sucrose
Fructose
Brown Sugar
Dextrose
Glucose
Corn Sweetener
Corn Syrup
High Fructose Corn Syrup
Fruit Juice
Cane Sugar
Honey

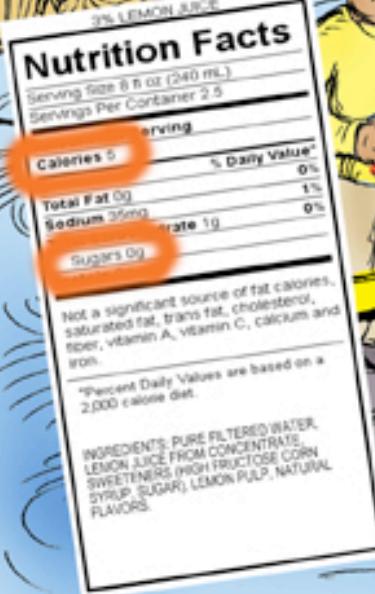


SING ALONG

Dextrose, fructose, yeah that's sugar. Glucose, sucrose, yeah that's sugar.
Everybody's able to read the little label on the back of the can to see what's sugar.

Choose Drinks With
Less Than
25 Calories Per Serving

Check the
ingredients!
Find SUGAR
on the label!



How did we get that? READ THE LABEL!!



Read labels of your favorite drinks at a local store, then fill in the following:

Find grams of
SUGAR
and fill in:

$$g \div 4 = \text{_____ packets}$$

Find grams of
SUGAR
and fill in:

$$g \div 4 = \text{_____ packets}$$

Find grams of
SUGAR
and fill in:

$$g \div 4 = \text{_____ packets}$$

1. Find grams (g) of Sugar
69g

2. Divide (\div) by 4 to get Teaspoons or # of Packets

$$69 \text{ g} \div 4 = 17.25$$

Nutrition Facts

Serving Size: 20 oz Bottle

Amount per Serving
Calories 250

Total Fat 0g
Cholesterol 0mg
Sodium 50 mg
Total Carbohydrates 69g
Dietary Fiber 0g
Sugars 69g
Protein 0g

*SHARE THIS INFORMATION WITH
A FAMILY MEMBER!

SING ALONG

If we drink a lot of this... if we drink a lot of that...
a lot of empty calories, sugar and fat.

We hear what you're saying, but it tastes so sweet,
and the price in the store, man it can't be beat!

Say it can't be beat? Time to calculate your funds!
Drink more water, you can save a lot of Ones.

At the end of the year, the sneakers that you wear -
with the money that you save, you can get another pair!

What's the real **COST** of drinking Sugar Sweetened Beverages?

Sugar Sweetened Beverages COST calories and money. You have to exercise more to burn those extra calories. And, you are spending extra money, instead of saving money to buy fun things. Ask your parents for help, and find out how much drinking Sugar Sweetened Beverages COST you today!

List all the drinks you had today.

Find Calories on the label.

Find **\$** Money Spent
on the price tag or receipt.

DRINKS

CALORIES

Add the totals here → Total:

Total:
 $X 365 \text{ (days in a year)} = \$$

(**\$** MONEY you could SAVE in one year)

Now, circle the exercises you would need to do today to BURN those EXTRA CALORIES.

Calculate the \$ MONEY you could SAVE in one year, and circle what you could BUY INSTEAD.



45 Calories

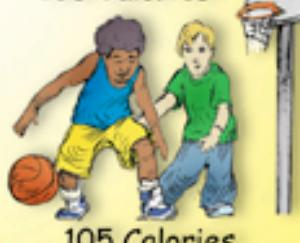


105 Calories

100 Calories



65 Calories



105 Calories



HiHOP POp

Pouring On the Pounds



Written by Ian Ellis James
Illustrated and Designed by Bill Davis

Special Thanks:

Olajide Williams, MD, MS - Director/Academic Supervisor
Amparo Abel-Bey, MPH - Project Manager
Vanessa Sawyer, MS, RD - Project Manager
Easy AD, Legendary Cold Crush Brother
Artie Green, Music Director
Hip Hop Public Health Staff
Walk It Out!



Sponsors:

New York State Department of Health Healthy Heart Program
New York City Department of Health and Mental Hygiene
New York City Council