



RETHINK YOUR ASIAN DRINK

WHY RETHINK YOUR ASIAN DRINK?

Our campaign is aimed to help identify Asian drinks with added sugar, bring awareness to the possible health risks associated with them and provide education about better drink options for the Asian community.

ASSOCIATED HEALTH RISKS OF ADDED SUGARS

- Sugar-sweetened beverages are a major contributor to weight gain and obesity.¹
- Added sugars, especially from sugar-sweetened beverages (SSBs), are strongly linked to the development of type 2 diabetes.¹
- Too much added sugar can increase the risk of weight gain, dental decay, and a poor diet.²
- Added-sugar from sweetened food or beverages has shown links to poor brain function and common mental disorder (CMD).³

HOW TO MAKE BETTER CHOICES!

1 READ THE LABEL!

Nutrition fact labels list both total sugars and added-sugars. The American Heart Association recommends limiting added-sugar intake of less than 36 grams for men and less than 25 grams for women a day.⁴

>36 grams for men

>25 grams for women

2 DRINK WATER!

Instead of sugar sweetened beverages, drink water instead!

3 REDUCE SUGAR!

Next time you go to your favorite tea/coffee shop, ask if you can make your drink less sweet or sugar-free.

4 KEEP A BOTTLE!

Carry a refillable water bottle or jug. Filtered water dispensers are becoming more accessible.

5 JUST A HINT!

Try adding lemon, orange or any fruit of your choice in your water to give it a hint of flavor! Adding a splash of 100% fruit juice works too!

For more information,
please visit
rethinkyourasiandrink.org
or scan the QR code!



Sources

1. <https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-drinks/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6242348/>
3. https://www.cdc.gov/pcd/issues/2021/20_0574.htm
4. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much>

