

RETHINK YOUR ASIAN DRINK



Sugary drinks are the leading source of added sugars not only in the American diet but in the Asian diet too! These sweetened liquids include regular soda, fruit, sports, sweetened tea, and boba drinks.^{1,2}

People who often drink sugary drinks are more likely to face health problems such as:^{1,2}

- OBESITY
- TYPE 2 DIABETES
- CAVITIES
- HEART DISEASE
- GOUT
- SPECIFIC TYPES OF ARTHRITIS

THREE GOALS

1

EDUCATE ASIAN COMMUNITY ABOUT HEALTHY DRINK OPTIONS

You don't have to give up your favorite drink!



2

HELP IDENTIFY ASIAN DRINKS WITH ADDED SUGAR

You might be aware of many beverages out there that have more added sugar than you think.



3

EDUCATE ON HOW CONSUMING SUGAR-SWEETENED BEVERAGES IS RELATED TO HEALTH RISKS

Studies have shown there is a relationship between sugar and chronic diseases.

sources:

1. www.hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-drinks/
2. www.cdc.gov/healthyweight/healthy_eating/drinks

- The campaign hopes to raise awareness about sugar-sweetened beverages and motivate people to reduce sugar intake.
- Aims to promote community-level collaborations and local environmental improvements that will increase access, cost, and appeal of healthy beverages.