

MOCHA?



FAT!

CIDER?

CHOCOLATE?

LATTE?



SUGAR!



CARAMEL?

WHIPPED CREAM?

VANILLA?

WHITE CHOCOLATE?

CHAI TEA?

CALORIES!

PEPPERMINT?

EGGNOG?



PROTECT YOUR SMILE...

- **Brush with fluoride toothpaste**
- **Rinse with water**
- **Chew sugarless gum**
- **Use dental floss**
- **See your dentist regularly**



DENTAL HEALTH INITIATIVE OF SAN DIEGO

www.sharethecaredental.org

WHAT'S IN YOUR CUP



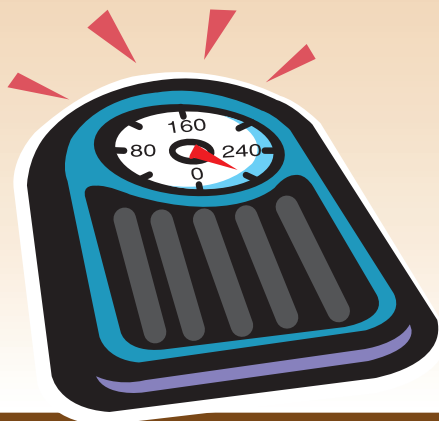
THE HIDDEN STORY

Even if you don't order a **DOUBLE**, you're getting one. Many coffee drinks are **DOUBLE TROUBLE** with high sugar and fat. Some have as many Calories as a typical meal! The amount of sugar and fat in beverages can contribute to the development of obesity and dental disease.



HEALTH RISKS INCLUDE:

- **CAVITIES**
- **WEIGHT GAIN**
- **HEART DISEASE**
- **DIABETES**



TYPICAL 16 oz. DRINKS

CAPPUCCINO with whole milk
180 Calories, 9g fat, 4 tsp. sugar

BLENDED CHAI LATTE
210 Calories, 8g fat, 7 tsp. sugar

BLENDED COFFEE DRINK
240 Calories, 3g fat, 13 tsp. sugar

MOCHA with whole milk
420 Calories, 24g fat, 8 tsp. sugar

HOT COCOA with whole milk
440 Calories, 26g fat, 11 tsp. sugar



ANNUAL "COSTS"

FOUR DRINKS PER WEEK PER YEAR =

CAPPUCCINO
37,440 Calories, 4 lbs. fat, 7 lbs. sugar

CHAI LATTE
43,680 Calories, 4 lbs. fat, 13 lbs. sugar

BLENDED COFFEE DRINK
49,920 Calories, 1 lb. fat, 24 lbs. sugar

MOCHA
87,360 Calories, 11 lbs. fat, 15 lbs. sugar

HOT COCOA
91,520 Calories, 12 lbs. fat, 20 lbs. sugar



ESTIMATED ANNUAL WEIGHT GAIN:

16-56 pounds!

ALTERNATIVES THAT MAKE A DIFFERENCE

COFFEE
10 Calories, 0g fat, 0 tsp. sugar

ESPRESSO
10 Calories, 0g fat, 0 tsp. sugar

SUGAR-FREE VANILLA LATTE
WITH NON-FAT MILK: 160 Calories, 1g fat, 5 tsp. sugar

CALORIE-SAVING TIPS:

- Try sugar-free vanilla syrup in your latte... it's Calorie-free!
- Ask for non-fat milk
- Sweeten your coffee with a sugar substitute
- Hold the whipped cream
- Try soy milk...lower in Calories, lower in sugar!

IDEAS TO BURN CALORIES*

*based on a 150 lb. person, 30 minute increments, at a moderate pace

- Vacuuming, dusting: 89 Calories
- Walking: 161 Calories
- Riding your bicycle: 214 Calories
- Gardening/lawn mowing: 179 Calories

OTHER ACTIVITIES

- Washing your car
- Using the stairs, not the elevator
- Parking farther away and walking

