

## NYP's Healthy Beverage Initiative



### **What is NYP's Healthy Beverage Initiative?**

- As of April 1<sup>st</sup>, we will stop selling sugar-sweetened beverages in our Hospital cafés and vending machines

### **Why?**

- At NYP, we care about the health & wellbeing of our employees and the people in the communities we serve
- Drinking too much added sugar is linked with heart disease, diabetes, and other diseases, so we want to create an environment with more healthy beverage options

### **What is a sugar-sweetened beverage?**

- A beverage with an added caloric sweetener which contains more than 25 calories per 8 ounces of beverage

### **What beverages will not be sold in Hospital cafés and vending machines?**

- All regular (non-diet) sodas
- Sugar-sweetened iced teas and juices
- Sugary drinks, including sugary sports drinks

### **What beverages will be sold?**

- Water
- Seltzers
- Unflavored milks
- 100% fruit juices
- Unsweetened or lightly sweetened iced teas
- Diet beverages, such as diet soda and diet iced teas

**Will there still be sugar packets to add to coffee or tea in Hospital cafés? Yes**

***Please email [nypbehealthy@nyp.org](mailto:nypbehealthy@nyp.org) or call 646-697-4001 if any questions or feedback.***