**Drinking Sugar-Sweetened Beverages**

#HydrateMyStateGA #DrinkMoreWater

**The United States** is #2 in the world for consumption of Soft Drinks

**CONSUMPTION OF SUGARY DRINKS** increase the risk for
- Heart disease
- Type II Diabetes
- Cancer
- High Blood Pressure

15 lbs **WEIGHT GAIN IN ONE YEAR**

By drinking 1 soda every day for a year, you could easily gain 15 or more lbs

Sugary drinks are the **LARGEST source of added sugars and empty calories** in the diets of US children

Not drinking water was associated with consuming more calories from sugary beverages

9 Packs of Sugar in a 20 oz Sports Drink

Average amount of **SUGAR** in a can of soda **39 grams**

**TOOTH DECAY & EROSION**


Drinking a can of soft drink every day will significantly increase your risk of...
Consumption of SUGAR SWEETENED BEVERAGES (SSB)

Sweetened drinks contributed almost two-thirds (62%) of drink sales in 2018, including $1.2 billion in fruit drink (90% of children's sweetened drink sales)

Consumption of sugary drinks increases the risk for Heart Disease, High Blood Pressure, Type II Diabetes, Obesity, Cancer

Sugary Beverages include sodas, juice, sports drinks, sweet tea, energy drinks and MORE

There are 8+ teaspoons of sugar in an average soda

Drinking 1 or more sugar-sweetened beverages per day was associated with increased odds of poor mental health

Beverage companies spend more money on advertisements aimed at youth than any other food category

Children (ages 2-11) saw:
- More than 2X as many ads for sweetened drinks than for drinks without added sweeteners
- More than 4X as many ads for sweetened children's drinks than adults

Source: https://www.sugarydrinkfacts.org/resources/Childrens_Drinks_Infographic_Homepage.pdf

Sweetened drinks contributed almost two-thirds (62%) of children’s drink sales in 2018, including $1.2 billion in fruit drink (90% of children’s sweetened drink sales). Not drinking water was associated with consuming more calories from sugary beverages.

For children 6 to 17 years, greater consumption was associated cross sectionally with higher BMIz. Approximately 25% of US adolescents consume more than 750 mL of sugary-sweetened beverages per day, which represents more than 350 calories. Sugary-sweetened beverages are the largest source of added sugars and empty calories in the diets of US children. Beverage companies specifically target youth, spending more money on promotions and sponsorships aimed at youth than any other food category.

The consumption of sugary drinks was positively associated with the risk of overall cancer. Sugary drinks increase the risk for dental decay, CVD, hypertension, dyslipidemia, insulin resistance, type II diabetes, fatty liver disease, and all-cause mortality. Energy drinks are marketed to reduce fatigue and improve physical/mental performance; however, frequent consumption of these beverages is linked to negative health consequences. Adults often perceive that daily consumption of fruit-flavored drinks, sweetened tea, sports drinks, and Vitamin Water are healthier compared to soda. Drinking 1 or more sugar-sweetened beverages per day was associated with increased odds of poor mental health. Drinking SSBs can elevate the risk of cardiovascular disease in diabetics.
REFERENCES:
CONSUMPTION OF SUGAR-SWEETENED BEVERAGES (SSB)


5. Children's Drink FACTS 2019 Sales, Nutrition, and Marketing of Children's Drinks. UConn Rudd Center for Food Policy & Obesity. October 2019


Sweetened drinks contributed almost two-thirds (62%) of children’s drink sales in 2018, including $1.2 billion in fruit drink (90% of children’s sweetened drink sales)\(^5\).

Not drinking water was associated with consuming more calories from sugary beverages\(^1\).

For children 6 to 17 years, greater consumption was associated cross sectionally with higher BMI\(_z\)\(^2\).

Approximately 25% of US adolescents consume more than 750 mL of sugary-sweetened beverages per day, which represents more than 350 calories\(^6\).

Sugary-sweetened beverages are the largest source of added sugars and empty calories in the diets of US children\(^2\).

Beverage companies specifically target youth, spending more money on promotions and sponsorships aimed at youth than any other food category\(^10\).

The consumption of sugary drinks was positively associated with the risk of overall cancer\(^3\).

Sugary drinks increase the risk for dental decay, CVD, hypertension, dyslipidemia, insulin resistance, type II diabetes, fatty liver disease, and all-cause mortality\(^7\).

Energy drinks are marketed to reduce fatigue and improve physical/mental performance; however, frequent consumption of these beverages is linked to negative health consequences\(^8\).

Adults often perceive that daily consumption of fruit-flavored drinks, sweetened tea, sports drinks, and Vitamin Water are healthier compared to soda\(^9\).

Drinking 1 or more sugar-sweetened beverages per day was associated with increased odds of poor mental health\(^11\).

Drinking SSBs can elevate the risk of cardiovascular disease in diabetics\(^4\).


5. Children’s Drink FACTS 2019 Sales, Nutrition, and Marketing of Children’s Drinks. UConn Rudd Center for Food Policy & Obesity. October 2019


