

Rethink Your Drink!



Why Are Sugary Drinks a Problem?

Sugar sweetened beverages are the leading cause of added sugar in the American diet. Sugary drinks are often rich in calories and low in nutrients. These include:

- Regular soda
- Fruit flavored drinks (Hi-C)
- Sports drinks (Gatorade)
- Sweet teas

Did You Know?

- According to the CDC, 48% of sugar sweetened beverages are consumed away from home.
- Sugary beverages account for 10-15% of children's total calorie intake.

Studies show kids who consume these beverages often are likely to be overweight or obese and less active than those who do not. Over time, this can lead to complications such as:

- Type 2 diabetes
- Cavities
- Heart disease
- High blood pressure



Limiting the amount of sugar sweetened drinks your child consumes can have a huge impact on their health.

**When surveyed,
6 out of every 10
kids reported
drinking a
sweetened
beverage that day.**



What You Can Do

- When out to eat, choose nutrient rich drinks such as 100% fruit juice, sparkling water, or low-fat milk.
- Limit sugary drinks for special occasions, such as a birthday.
- At home, provide water for your kids. Water can be flavored with a splash of fruit juice or whole pieces of fruit. Carbonated water is also a fun option!



References

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