

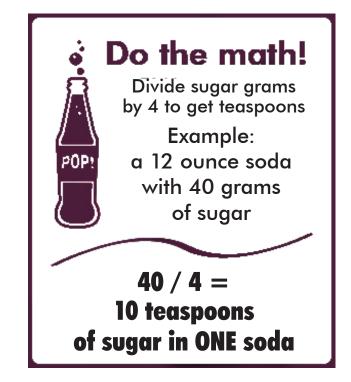
What are sugar-sweetened beverages (SSBs)?

Sugar-sweetened beverages are beverages that contain added sugars and include popular drinks such as:

- Soft drinks/soda pop/ soda
- Fruit drinks, punches, or "-ades"
- · Sports drinks
- Tea and Coffee drinks
- Energy drinks
- Sweetened/Flavored milks

What's the problem with sugar-sweetened beverages?

- Sugar-sweetened beverages (SSBs) including non-diet sodas, energy drinks, and fruit drinks have been associated with obesity, and obesity-related illnesses^{1,2,and 7}
- Nevada has the second highest prevalence of fruit drink consumption among persons aged 18-34 years and is the highest prevalence of African-Americans and Hispanics who consume fruit-drinks on a regular basis³
- Children and adolescents are major consumers of sugar-sweetened beverages and this consumption has been associated with the rising levels of childhood obesity 4,6 and,8
- Calories from liquid beverages contribute to weight gain at higher levels than solids foods do, and also lack comparable nutrient content when compared to calories consumed from solid foods⁵
- Sugar-sweetened beverages are the largest source of added sugar to the American diet^{9,10}
- Several health conditions have been linked to consumption of excess SSB's including diabetes, dental carries, and cardiovascular disease.¹⁰



Healthy Alternatives:

- Water: Try water infused with added citrus or sliced cucumbers.
- 100% Vegetable Juice: Packed with flavor; high in vitamins C, A, and potassium and around 50 calories per cup. If possible choose the low sodium versions.
- Non-fat or low-fat milk: High in calcium and protein—and you need both. You could also try soy milk, rice milk or almond milk.
- Light yogurt and fruit smoothie: Creamy and sweet, high in calcium and only about 170 calories per cup.
- Tea, unsweetened: Get a boost on less than five calories per cup, plus it's high in antioxidants.

(continued)

For more information concerning sugar-sweetened beverages & to find other delicious drink recipes, please visit our website at:

http://www.gethealthyclarkcounty.org/eat-better/sugar-sweetened-beverages.php

Frequently Asked Questions

- 1. What are sugar-sweetened beverages? Sugar-sweetened beverages are beverages that have added sugar.
- What kinds of drinks are considered sugar-sweetened beverages?
 Sodas, fruit-juice, sports drinks, tea & coffee drinks, energy drinks, and flavored milks.
- How much sugar is usually in sugar sweetened beverages? Several of your favorite soft drinks and beverages contain up to 4 teaspoons or more of added sugar per serving.
- 4. What's the problem with SSBs?
 Sugar-sweetened beverages are the largest source of added sugar that people consume and are considered to be a top contributor to caloric caused obesity.
 - SSBs rarely have any nutritional value.
- 5. How do I cut back on my sugar intake? Rethink your drink! Try substituting your favorite soda, for a diet version or, better yet just skip the soda all together! Try water, or low-fat milk.
- 6. How are sugar-sweetened beverages impacting my child?
 - Studies have shown a positive correlation between sugar-sweetened beverage consumption and obesity and obesity-related illnesses.
 - The highest consumers of sugar-sweetened beverages are usually consumed by children and adolescents at the highest levels.

References

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⁹What We Eat In America (WWEIA) Food Category Analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.

¹⁰The CDC guide to Strategies for Reducing the Consumption of Sugar-Sweetened Beverages. Sugar-Sweetened Beverage Guide. March 2010.



