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 basis\(^3\).
• 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 foods\(^5\).
• 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)
Frequently Asked Questions

1. What are sugar-sweetened beverages?
Sugar-sweetened beverages are beverages that have added sugar.

2. What kinds of drinks are considered sugar-sweetened beverages?
Sodas, fruit-juice, sports drinks, tea & coffee drinks, energy drinks, and flavored milks.

3. 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


3. Morbidity and Mortality Weekly Report: http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6332a2.htm?s_cid=mm6332a2_e#Tab1.


9. What 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.