

Why Are Sugary Drinks a Special Problem?

There are two reasons why soda (pop) and other sugary drinks are a **special** problem:

1 Americans get 46% of their added sugar from sugary drinks. Wow! Think about it. That's nearly half of all added sugar.

2 Our bodies can't tell us they have had enough. Foods with natural or added sugar (breakfast cereal, apples, cherry pie, etc.) help to make our stomachs feel "full" so we stop eating.

Many people drink soda and other sugary drinks throughout the day. These drinks *don't* make us feel full. For that reason, some people drink many sodas in a single day – adding a lot of sugar to their overall diet.

Remember: Both in drinks and in foods, sugar is sometimes called different names. It may be called high-fructose corn syrup, brown sugar or honey. No matter which of these names is used, it's still sugar. And it can cause a lot of health problems if we get too much.



Can you find a better beverage?

Yes! Use our Better Drink Finder at www.RethinkYourDrinkWV.com



Sources:

Healthy Food America: http://www.healthyfoodamerica.org/sugartoolkit_kahuna

UCSF Benioff Children's Hospital: https://www.ucsfbenioffchildrens.org/education/sweet_drinks_and_obesity/