

SUGAR SWEETENED BEVERAGES

Michael & Susan Dell Center for Healthy Living

Sugary drinks threaten the health of children:

The American Heart Association recommends children younger than 18 consume less than 6 teaspoons (25 grams) of added sugars daily.⁶ A 12-ounce soda contains 10 teaspoons of sugar on average.^{7*}

Sugar Consumption Crisis:



Consumption of sugar-sweetened drinks leads to excess caloric intake and is linked with weight gain and increased obesity rates among children and adolescents.⁸



Flavored milk contributes to sugar consumption among younger children, with 30% - 40% of 2nd and 4th graders drinking flavored milk each day.²



Only about 20% of children in 4th, 8th or 11th grade drink no sugar-sweetened beverages a day.²

Regular sodas are the most frequently consumed sugar sweetened drink daily across age-groups:²

- 31.7% of 2nd graders
- Over 44% of 8th and 11th grades



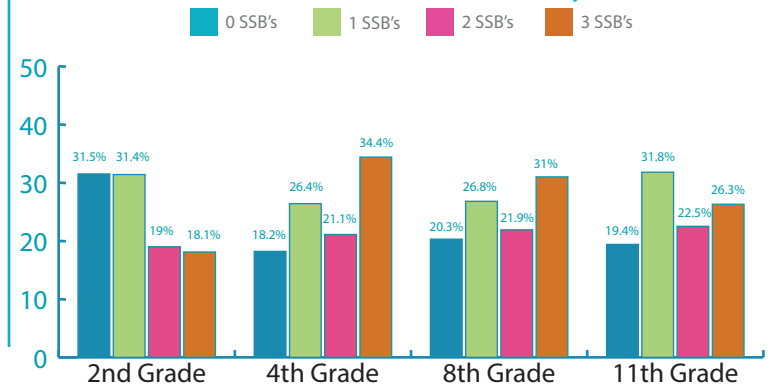
Consumption of sugar sweetened drinks is comparable across racial and ethnic groups.²

Current and Lifetime Risks:

Sugar sweetened drinks and soda consumption in particular, by displacing milk consumption, are associated with negative health risks:

- Tooth Decay⁸
- Lower Bone Density⁸
- Overweight and Obesity⁴
- Heart Disease⁹
- Type 2 Diabetes³

Number of Times Sugar-Sweetened Beverages* Were Consumed Yesterday:²



We can improve what Texas children drink by:⁵

- Providing clean drinking water in schools and child care centers and promoting water as the healthiest drink
- Limiting sodas that contain caffeine as they impact sleep quality
- Prohibiting and limiting sale of sugar-sweetened beverages in schools and other youth-oriented settings
- Encouraging food marketing companies to reduce unhealthy food and drink marketing to children
- Establishing healthy checkout areas without sugar-sweetened beverages* at grocery, retail, and corner stores

*Sugar-sweetened beverage is defined as a regular (not diet) soda, punch, or sports drink on the Texas SPAN Survey²

Current Sugar-Sweetened Beverage Guidelines

Infants younger than 12 months¹ should not drink juice, milk, flavored milks, 'transition' or 'weaning' formulas, plant-based/non-dairy milks, drinks with caffeine, low-calorie sweetened drinks, or sugar-sweetened drinks.

Children between 1 - 3 years old¹ should limit fruit juice consumption to 4 ounces (1/2 cup) per day. They should not drink flavored milks, 'transition' or 'weaning' formulas, plant-based/non-dairy milks, drinks with caffeine, low-calorie sweetened drinks, or sugar-sweetened drinks.

Children between 4 - 5 years old¹ should limit fruit juice consumption to 4 - 6 ounces (1/2 - 3/4 cup) per day. They should not drink flavored milks, 'transition' or 'weaning' formulas, plant-based/non-dairy milks, drinks with caffeine, low-calorie sweetened drinks, or sugar-sweetened drinks.

Adolescents between 2 - 18 years old⁶ should consume less than 6 teaspoons (25 grams) of added sugars daily.

References

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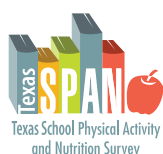
The Texas School Physical Activity and Nutrition (TX SPAN) Project is a surveillance system monitoring the prevalence of overweight/obesity in school-aged children in Texas conducted by researchers at the Michael & Susan Dell Center for Healthy Living. TX SPAN has been funded by the Texas Department of State Health Services since 2000 to conduct height and weight measurements across different grade levels.
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4. Woodward-Lopez G, et al. To what extent have sweetened beverages contributed to the obesity epidemic? 2011 (<https://pubmed.ncbi.nlm.nih.gov/20860886/>)
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About the Texas Child Health Status Report

These reports utilize state-level data from the Texas School Physical Activity and Nutrition (SPAN) Project to provide an accurate representation of Texas child health. This project is funded by the Michael & Susan Dell Foundation.

Learn more at go.uth.edu/TexasChildHealth

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