

Drinking Sugar-Sweetened Beverages

#HydrateMyStateGA #DrinkMoreWater

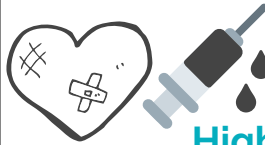


The United States

is **#2** in the world for consumption of Soft Drinks

CONSUMPTION OF SUGARY DRINKS

increase the risk for



Heart disease
Type II Diabetes
Cancer
High Blood Pressure

Muth, N, Dietz, W, Magge, S, Johnson, R. Public Policies to Reduce Sugary Drink Consumption in Children and Adolescents. Pediatrics. April 2019; 143(4): 1-14. Doi: 10.1542/peds.2019-0282

15 lbs
WEIGHT
GAIN IN ONE YEAR



By drinking 1 soda every day for a year, you could easily gain 15 or more lbs

Not drinking water was associated with consuming more calories from sugary beverages



Sugary drinks are the

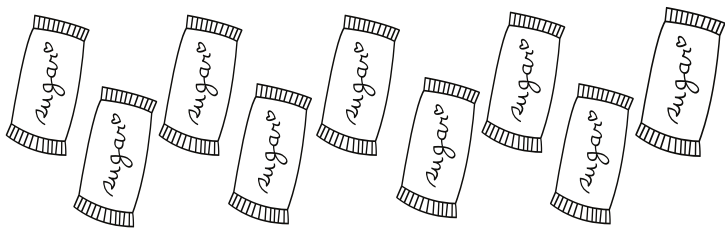
LARGEST

source of **added sugars** and **empty calories** in the diets of US children

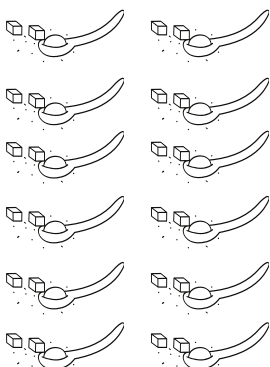


Lewis, K, Shelton, Hsu, F. Use of Electronic Health Record Data to Study the Association of Sugary Drink Consumption with Child Weight Status. Acad Pediatr. 2019 Nov 8. pii:S1876-2859(19)30451-6. doi: 10.1016/j.acap.2019.11.002.

9 Packs of Sugar in a 20 oz Sports Drink



Average amount of **SUGAR** in a can of soda **39 grams**



DRINKING A CAN OF SOFT DRINK EVERY DAY will significantly increase your risk of

TOOTH DECAY & EROSION

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