

# Sugar-Sweetened Beverages

## Sugar and Obesity

Obesity rates are increasing. 2/3 of adults and 1/3 of children in the United States are overweight or obese. Drinking sugar-sweetened beverages such as soda pop is a major contributor to this obesity epidemic.

***There are a lot of calories and sugar in sugar-sweetened beverages!***



If you are drinking one soda a day at 200 calories, that equals 73,000 extra calories a year. At 3500 calories a pound, that amount of extra calories could result in a 20 pound weight gain over 1 year if this is in addition to the calories you need to maintain weight.



*There is more than one cup of sugar in a 64 oz sugar-sweetened soda*

## Health Risks of High Intake of Sugar-Sweetened Beverages

Increased risk of:

- Weight gain
- Obesity for children
- Type 2 Diabetes
- Heart disease
- Fatty Liver Disease
- Tooth Decay

***Instead of sugar-sweetened soda or juice, drink water, carbonated water, diet or sugar-free drinks, milk, or 100% fruit juice.***

## Daily recommendations for water and non-sugar-sweetened beverages:

- Men: 13 cups
- Women: 9 cups
- Pregnant Women: 10 cups
- Nursing Mother: 12.5 cups
- Newborns: Just breastmilk or formula
- Infants (7-12 months): 3 cups - this should come from breast milk and formula
- Toddlers (1-3): 4 cups
- Children (4-8): 5 cups



***Mountainland Head Start, Inc.***

Serving Children and Families in Juab, Utah and Wasatch Counties