

Limit or Eliminate Sugary Drinks; Provide Water



zero sugary drinks, more water

WHY DOES THIS MATTER?

SUGARY DRINKS

Limiting sugary drinks is a powerful way to promote good nutrition and prevent excess weight gain in children and youth.¹ Research shows that sugary drinks greatly contribute to childhood obesity.²

Sugary drinks provide a lot of calories very quickly. This makes it easy to take in more than our bodies need before they have a chance to tell us to stop, as during eating. We also tend to have sugary drinks outside of our regular diets, adding extra calories to those we already take in.³

A 12-ounce serving of soda has the equivalent of 10 teaspoons of sugar.³ One serving of soda per day could lead to a 15-pound weight gain in one year.⁴ Each additional daily serving of soda increases a child's risk of obesity by 60%.⁵

WATER

Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks. Drinking water is linked to several health benefits. It can improve children's readiness to learn and is the best choice for hydration before, during, and after most exercise routines.^{6,7}

References

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