

Sugar-Sweetened Beverages

What's really in here?

On the ingredients list, sugar may be disguised as:

Fruit juice concentrate
Evaporated cane juice
Malt syrup
Sucrose
Dextrose
Fructose
High fructose corn syrup
Corn sweetener

Real-Life Challenges... And how to overcome them

Kids and staff bring sugary drinks from home and nearby stores.

Implement policies that restrict bringing in foods and drinks from outside or sharing them.

People believe "fruit drinks" are healthy.

Teach staff, kids and families about the amount of sugar in fruit drinks.

Everybody has soda at parties.

Teach staff, kids and families about the amount of sugar in fruit drinks.

Our site has vending machines that the kids and staff purchase drinks from.

Have the vending machines turned off during program hours, or have the machines loaded with healthier choices.

It seems "fruit drinks" are cheaper than 100% fruit juice.

Tap water is free! You can use a splash of 100% fruit juice to create your own flavored waters.

Drink me!

Water - as much as you want!

Sodium-free seltzer - as much as you want!

Juice spritzers - Mix a splash of 100% juice with sodium-free seltzer

Skim and low-fat milk

Diluted 100% juice - 4 ounces of water mixed with 4 ounces of juice for a refreshing and flavorful treat

100% juice - limit to 4 ounces per day (juice box size)

Steer clear!

Drinks with added sugar, like soda (pop) and fruit punches

Drinks with artificial sweeteners, like diet soda

Examples of products to avoid:

Fruitades (lemonade, etc.)
Juice drinks/juice cocktails
Fruit punches
Sweetened ice teas
Sports drinks
Vitamin waters
Energy drinks

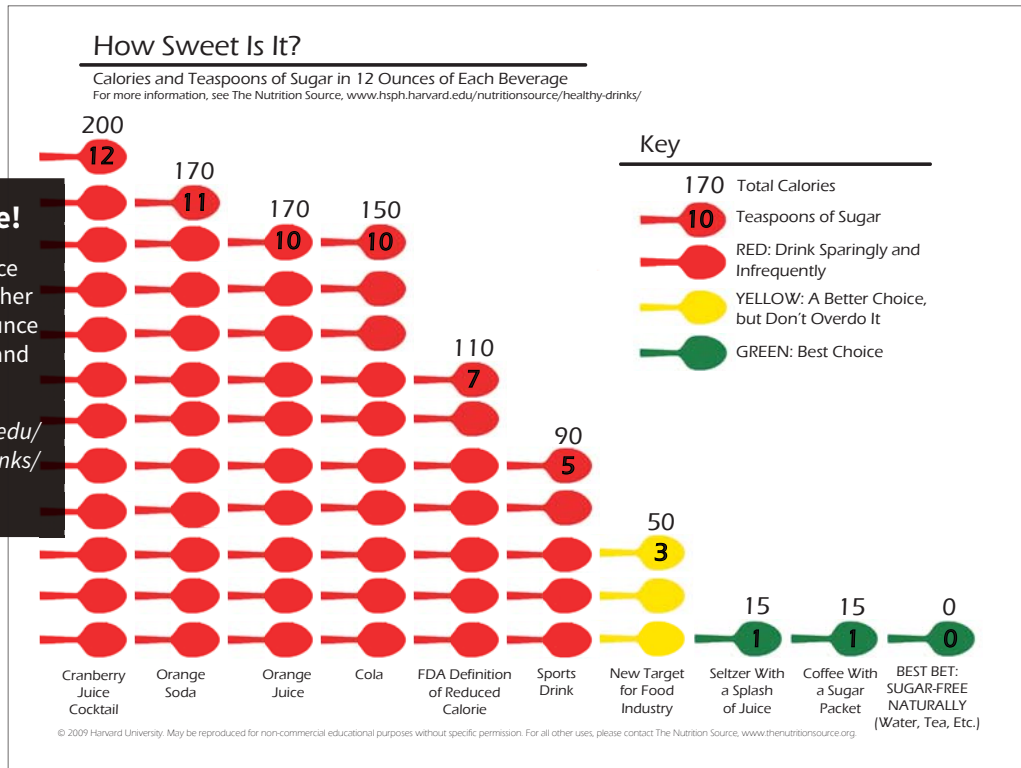
Did you know?

The largest source of added sugar in kids' diets isn't cake, cookies or candy—it's drinks! (F&F)

Teen boys average more than a quart of sugary drinks a day. (<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html#3>)

In the U.S., 8 out of 10 children and 6 out of 10 adults consume at least one sugar-sweetened beverage on an average day. (<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html#3>)

Go easy on the juice!
Even though 100% fruit juice has more nutrients than other sugary drinks, ounce for ounce it contains as much sugar and calories as soda.
(<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/focus/index.html#3>)



Why not juice, soda or sports drinks?

They all contain sugar! Sugar-sweetened drinks are the top source of added sugar in kids' diets. Drinking too many high sugar drinks increases the risk for overweight kids and adults. These drinks add extra calories that don't make us feel full.

Soda, juice and sports drinks can also cause dental cavities.

There is often caffeine in soda and energy drinks. When kids drink caffeine, they may get headaches, upset stomach, and disturbed sleep.

Diet sodas contain artificial sweeteners. They train kids to crave "sweetness" in drinks and foods. Their long-term safety is not fully understood, so it is best to avoid them.

Sports drinks are only helpful for highly intense activities that last longer than one hour. For example, a day at basketball camp or a hike in the mountains would be a time that kids might have a sports drink.

Want to know more? Check out these other resources:

<http://www.csipnet.org>

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools.

http://cnr.berkeley.edu/cwh/PDFs/CWH_Sports_Drinks_FAQ_Sheet_7.07.pdf

The Center for Weight & Health at U.C. Berkeley provides answers to frequently asked questions about sports drinks.

<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks>

BANPAC offers curriculum materials and campaign tools in English and Spanish for a "Soda-Free Summer."