

# Sugar-Sweetened Beverages: Extra Sugar, Extra Calories, and Extra Weight

## What is a sugar-sweetened beverage?

A sugar-sweetened beverage is any drink with added sugar.

Examples: non-diet sodas, sweetened teas, sports and energy drinks, sweetened waters and juices, blended coffee drinks.



## Sugar's Many Disguises:

Sucrose, fructose, high-fructose corn syrup, corn sweetener, corn syrup, dextrose, glucose, cane sugar, and evaporated cane juice.

## Did You Know?

4 grams of sugar = 1 teaspoon of sugar

## Reality Check:<sup>1</sup>

Canned Tea = 15.25 teaspoons of sugar or 4 slices of Cherry Pie



Energy Drink = 15.5 teaspoons of sugar or 6 Glazed Donuts



Orange Soda = 21 teaspoons of sugar or 6 Ice Cream Sandwiches



Iced Coffee Drink = 11.25 teaspoons of sugar or 32 Vanilla Wafers



Bottled Fruit Juices = 15 teaspoons of sugar or 2 bottles of Whip Cream



Soda = 9.75 teaspoons of sugar



## Don't Drink Yourself Fat!

Sugar-sweetened beverages have little to no nutritional value and add "empty calories" to your diet.<sup>2</sup>

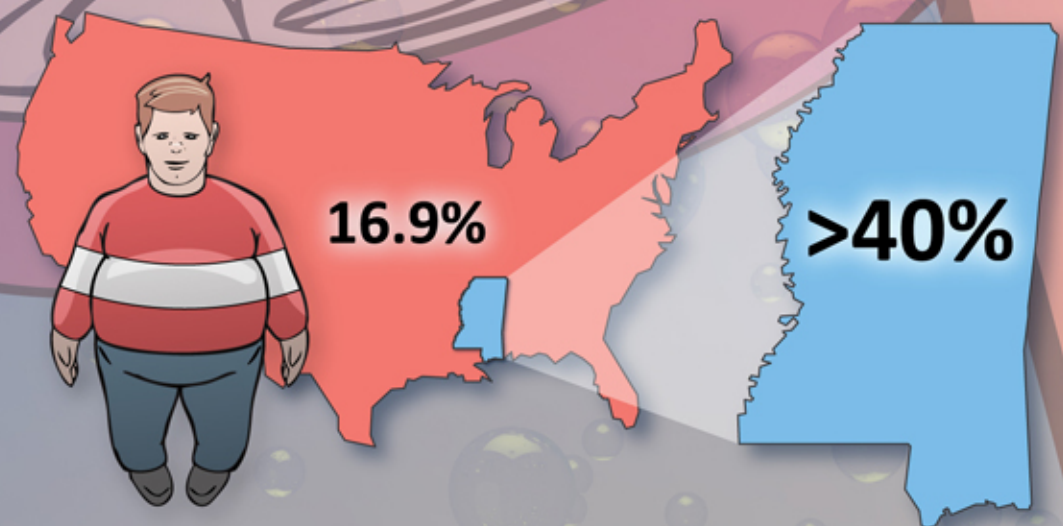
Scientific evidence consistently suggests that drinking sugar-sweetened beverages increases a person's risk of being overweight or obese<sup>3,4,5</sup>. Sugar-sweetened beverages are the largest single source of added sugar in the American diet<sup>6</sup> and Americans daily consume at least 22 teaspoons of sugar, far surpassing the recommended 5 to 9 teaspoons per day<sup>7</sup>.

## Health Risks

### Childhood Obesity:

National Average—16.9% of American children (ages 2-19) are obese.

Mississippi Average—Over 40% of Mississippi children (ages 4-19) are overweight or obese.



Drinking sugar-sweetened beverages has been linked to weight gain in children and 55% to 70% of all sugar-sweetened beverages are consumed in the home.

### Diabetes:

Drinking sugary beverages increases a person's risk of diabetes. In fact, people who drink 1-2 sugar-sweetened beverages a day have a 26% higher risk for developing Type 2 Diabetes<sup>8</sup>. Over the last decade, 130,000 new cases of diabetes developed from drinking sugary drinks<sup>9</sup>.

## Be Aware --- Read Labels --- Educate Yourself

For Additional Readings and Full References, Visit our website at [www.umm.edu/cbmh](http://www.umm.edu/cbmh) and click on Food: For Thought, For Life

<sup>1</sup> [www.bodylogiccmd.com](http://www.bodylogiccmd.com)

<sup>2</sup> Woodward-Lopez G. et al. Public Health Nutrition 2010

<sup>3</sup> Chen L. et al. American Journal of Clinical Nutrition 2009

<sup>4</sup> Milik VS. et al. American Journal of Clinical Nutrition 2006

<sup>5</sup> Vartanian LR. et al. American Journal of Public Health 2007

<sup>6</sup> Johnson RK. et al. American Heart Association

<sup>7</sup> Ibid

<sup>8</sup> Malik VS, et al. Diabetes Care. 2010

<sup>9</sup> Norris, Jeffery. UCSF Press Release. 2010.

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