

Sugary Drinks

What's really in here?

On the ingredients list, sugar may be disguised as:

Fruit juice concentrate
Evaporated cane juice
Malt syrup
Sucrose
Dextrose
Glucose
Lactose
Maltose
Fructose
High-fructose corn syrup
Corn syrup
Malt syrup
Brown sugar
Honey
Molasses
Corn sweetener
Raw sugar

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 sodas. And try to carry water with you, so you can drink it instead!

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:

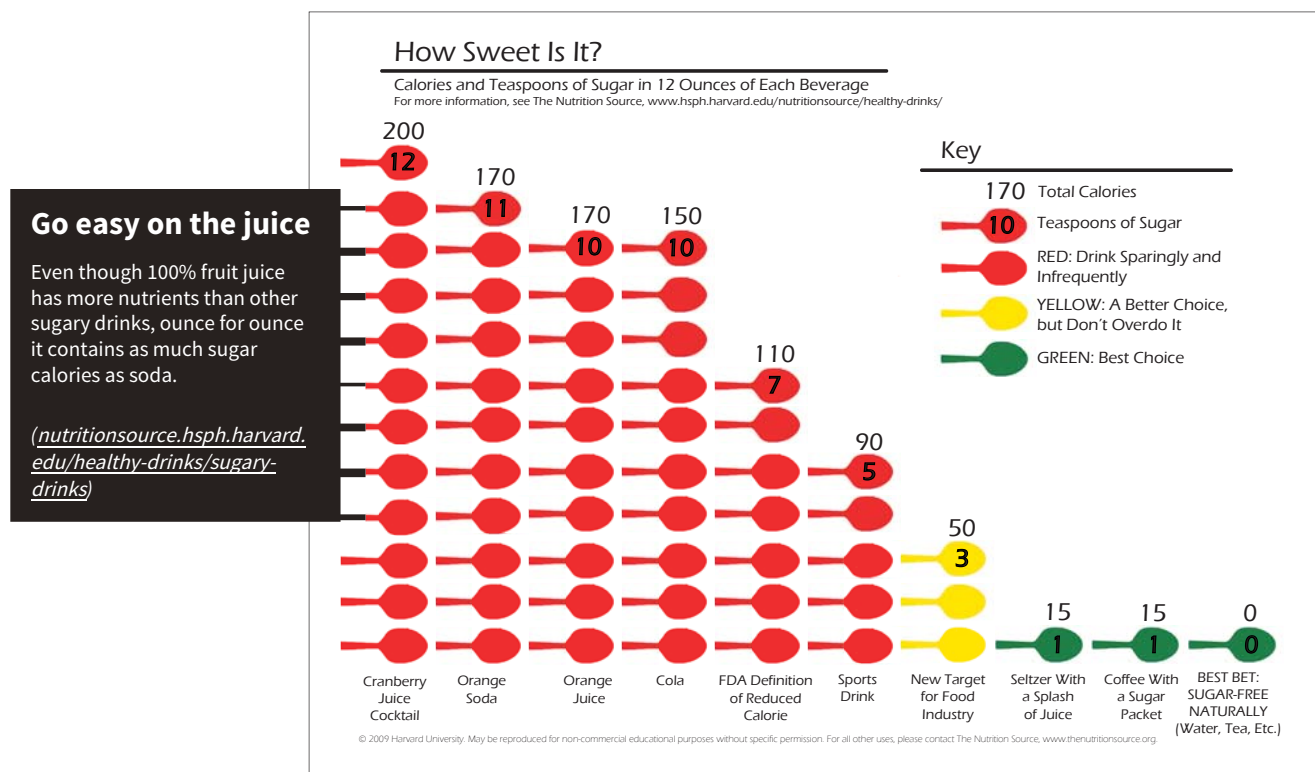
Fruitades (lemonade, etc.)
Juice drinks/juice cocktails
Fruit punches
Sweetened ice teas
Sports drinks
Vitamin waters
Energy drinks

Did you know?

The largest source of added sugar in kids' diets isn't cake, cookies or candy—it's drinks! (<https://osnap.org/resource/food-fun-after-school>)

In the U.S., 6 in 10 children and 5 in 10 adults consume at least one sugary drink on an average day. (<https://www.cdc.gov/nutrition/php/data-research/sugar-sweetened-beverages.html>)

Boys and adolescents tend to drink more sugary drinks. (<https://www.cdc.gov/nutrition/php/data-research/sugar-sweetened-beverages.html>)



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 kids and adults having overweight. 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 stomachs, 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:

cspinet.org

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

nutritionsource.hsph.harvard.edu/healthy-drinks

Based at the Harvard T. H. Chan School of Public Health's Department of Nutrition, The Nutrition Source is a leading authority on food and nutrition knowledge, providing science-based guidance for healthy living and more information about healthy drinks.