

# What's In Your Drink?

## Frequently Asked Questions

### What are sugary drinks?

Sugary drinks are drinks that contain added sugar. These beverages include, but are not limited to, soda, sports drinks, sweetened iced tea, sweetened coffee, fruit drinks, energy drinks, flavored water and flavored milk.

### Why should I watch what I drink?

Tooth decay is the most common childhood disease, but it's also entirely preventable.<sup>1</sup> When you drink sugar-filled beverages, the sugar sticks to the surfaces of your teeth. Once there, the bacteria in your mouth feeds on the sugar, turning it into acid that has the potential to lead to cavities.<sup>1</sup> Additionally, the sugars lack nutrients and add empty calories to your diets, which can negatively affect your overall health.<sup>2</sup>

### How much added sugar is acceptable?

The American Heart Association recommends women and men limit their intake of added sugars to no more than six and nine teaspoons per day, respectively.<sup>3</sup> Children ages 2 to 18 should not eat or drink more than six teaspoons of added sugars on a daily basis. Drinking one 16 oz soda is twice the recommended daily intake for adult women and children.

## Did You Know?

### The United States leads the world in consumption of sweeteners<sup>3</sup>

Moreover, sweetened beverages are the number one source of added sugar in the typical American diet.<sup>3</sup> Children are also consuming more added sugars than recommended. On average, children consume 50-70% more added sugars than recommended by the Dietary Guidelines for Americans.<sup>4</sup>

### Water is a great choice for hydration in many situations

Water is always a good choice for hydration because it has no added sugars or other flavors. Sports drinks are generally recommended for consumption after intense workouts lasting at least one hour and may be sweetened with sugar, sodium and other flavorings.<sup>5</sup>

For more information on the effects sugary drinks can have on your health and tips for reducing your consumption, visit [DeltaDentalKS.com/SugaryDrink](http://DeltaDentalKS.com/SugaryDrink).

<sup>1</sup>American Dental Association, "Diet and Dental Health," <http://www.mouthhealthy.org/en/az-topics/d/diet-and-dental-health>

<sup>2</sup>American Heart Association, "Added Sugars," [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars\\_UCM\\_305858\\_Article.jsp#](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Added-Sugars_UCM_305858_Article.jsp#)

<sup>3</sup>Credit Suisse Research Institute, "Sugar Consumption at a Crossroads," 2013

<sup>4</sup>Healthy Food America, "Sugar Advocacy Toolkit," [http://www.healthyfoodamerica.org/sugartoolkit\\_overview](http://www.healthyfoodamerica.org/sugartoolkit_overview)

<sup>5</sup>Yale Rudd Center For Food Policy & Obesity, "Sugar-Sweetened Beverages Fact Sheet: Sports Drinks," [http://www.uconnruddcenter.org/files/Pdfs/SSB\\_SportsDrinks\\_Spring2012%20.pdf](http://www.uconnruddcenter.org/files/Pdfs/SSB_SportsDrinks_Spring2012%20.pdf)