

Is Liquid Candy Harming Your Health?

Rethink Your Drink!

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

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Sugar

Sugar becomes new bogeyman as fats take a back seat in new consumer survey

Commentary

Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity ^{1,2}

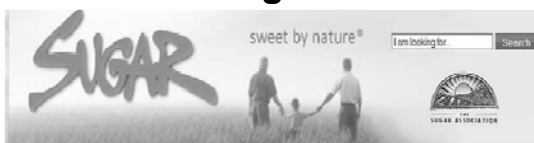
George A Bray, Samira Ajaj-Najem, and Barry M Popkin

Sugar

FDA rejects new name for high fructose corn syrup

AP By CANDICE CHOI | Associated Press - 14 hrs ago

Sugar



Sugar Basics | Sugar & Sweeteners Research | Sugar in Your Diet | Other Sweeteners | Nutritional Advocacy | Sugar-Based Products | News

Sugar is Not Empty Calories

Sugar makes healthy foods taste good which leads to increased intakes of key vitamins and minerals.

[Find out more](#)



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Sugar

• A food component to reduce: 2010 US Dietary Guidelines

Dietary Guidelines for Americans, 2010

Overview | Tools | Reports & Research | Related Resources

The Dietary Guidelines for Americans, 2010, released on January 31, 2011, emphasize three major goals for Americans:

- Reduce calories with physical activity to manage weight
- Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
- Consume fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains



The Dietary Guidelines for Americans, 2010 include 23 key recommendations for the general population and 6 additional key recommendations for specific population groups, such as pregnant women. The recommendations are intended to help people choose an overall healthy diet.

Sugar

- Added sugars vs. naturally occurring sugars
- Natural sugars
- Supplies nutrients



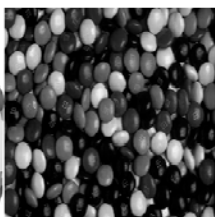
Sugar

- Added sugars
- Empty calories, no nutrients
- Supply calories only



Sugar

- Added sugars contribute an average of 16% of total calories in the American diet



Sugar

- How much is recommended?
 - American Heart Association: 6-9 teaspoons / day (100-150 calories)
 - Currently consuming approximately 22 teaspoons / day
 - About 355 calories per day
 - Teens consuming more!

– NHANES Data

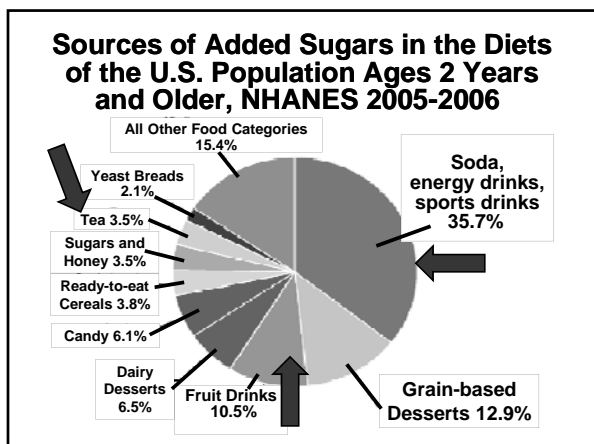
Sugar

- 3-4 teaspoons / day for children recommended



Sugar

- What are the food sources?



Soda

- 20 ounce soda = 16 teaspoons of sugar
- 65 grams of sugar



Mayor Bloomberg's soda ban proposal to be submitted to NYC health board today

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By CBS News Staff Topics News

(CBS/AP) Mayor Michael Bloomberg's proposal to ban sugary drinks larger than 16 ounces from New York City eateries, street carts and stadiums is moving forward.

The proposal is scheduled to be formally submitted to the city's board of health Tuesday morning. The board is expected to hold a series of public hearings during a 90-day comment period.

Companies blast proposed NYC drinks ban
 NYC mayor proposes ban on sugary drinks larger than 16 ounces

New York City's proposed ban on big sodas

The ban on big drinks would apply only to sweetened options that contain more than 25 calories per 8 ounces. It would not apply to diet soda or any other calorie-free

Beverage Consumption

- Alabama's Youth?

Beverage Consumption

- YRBS data from CDC (2011)
 - 19.5 % of Alabama youth consumed soda 3 or more times per day
 - Diet sodas are not included
 - Tied with Mississippi for first place!

Beverage Consumption

- Alabama Males 24%
- Alabama Females 15%
- National Average 11.3%

Beverage Consumption

- National average for milk consumption
 - 3 or more glasses per day
 - Only 15%



Obesity

- YRBS Data from CDC
 - AL Youth
 - 17% are obese
 - Ranked #1 in the US
 - AL Adults (2012)
 - 33% are obese
 - Ranked #5 in the US



American Academy of Pediatrics

- Sports drinks have a limited function for pediatric athletes
 - They should be ingested when there is a need for rapid replenishment of carbohydrates and/or electrolytes in combination with water during prolonged, vigorous physical activity

American Academy of Pediatrics

- Routine ingestion of carbohydrate-containing sports drinks by children and adolescents should be avoided or restricted, because they can increase the risk of overweight and obesity, as well as dental erosion

American Academy of Pediatrics

- Energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents
- Water, not sports drinks, should be the principal source of hydration for children and adolescents

Sugar and Obesity

- Reducing the consumption of sugar sweetened beverages is a strategy to prevent obesity



www.refreshkansas.org
Kansas
 Kansas Department of Health and Environment

HOME | SUGARY DRINKS AND HEALTH RISKS | WATER AND HEALTH

When it comes to what kids drink:
LESS SUGAR = BETTER HEALTH

Just one soda or juice drink can have as much sugar as two candy bars (on average, based on a 20 fl oz portion size).

The President and First Lady on the Child Nutrition Bill: "The Basic Nutrition They Need to Learn and Grow and to Pursue Their Dreams"

Jesse Lee
 December 13, 2010
 06:42 PM EDT

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THE HEALTHY, HUNGER-FREE KIDS ACT OF 2010
 WASHINGTON, DC
 DECEMBER 13, 2010



THINK ABOUT DRINKS

	LIMIT SODA	LESS 100% JUICE	MORE 1% OR FAT-FREE MILK	MORE WATER
LIMIT:	Alcoholic beverages	Alcoholic beverages	Alcoholic beverages	Alcoholic beverages
	Carbonated beverages	Carbonated beverages	Carbonated beverages	Carbonated beverages
	Juice drinks	Juice drinks	Juice drinks	Juice drinks
	Sport drinks	Sport drinks	Sport drinks	Sport drinks
	Sweet teas	Sweet teas	Sweet teas	Sweet teas
CHOOSE MORE:	Water	Water	Water	Water
	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk
	Unsweetened beverages	Unsweetened beverages	Unsweetened beverages	Unsweetened beverages

Choosing more water and 1% or fat-free milk will reduce your risk of being overweight and developing type 2 diabetes.

choices
 Wellness is a Lifestyle

THINK ABOUT DRINKS

YOU CAN MAKE A DIFFERENCE!

- Serve fat-free milk at meals and water between meals.
- Reduce access to sweetened beverages.
- Make water available.
- Have sweetened beverages only as an occasional treat.
- Enjoy regular meals together as a family.

BE A ROLE MODEL


Drink less:

- Soda
- Juice Drinks (any drink that is not 100% juice)
- Sports Drinks

Instead, choose more:


- Water
- Fat-free milk
- 100% approved 100% fruit juice

LESS SODA
Calories 50
Contains over 22 teaspoons of added sugar
It's a good source of caffeine or caffeine.




2 cups daily

LIMIT 100% JUICE
Calories 50
Good source of Vitamin C and potassium




Only 4-6 ounces daily

1% OR FAT-FREE MILK
Calories 50
Good source of calcium, Vitamin D, and protein.



2 cups daily

MORE WATER
Calories 0
Helps keep you hydrated
IT'S FREE!



As desired

Choosing water, fat-free milk, and 100% juice will reduce the risk of you and your family being overweight, having tooth decay, and developing type 2 diabetes.

Resources

- **Drink Water First:**
www.drinkwaterfirst.com



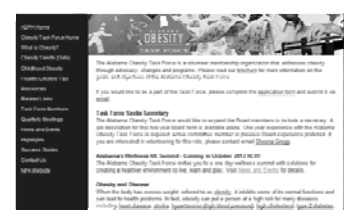
Resources

- **Southeastern Dairy Association:**
www.southeastdairy.org



Resources

- **Alabama Obesity Task Force**
– www.adph.org/obesity
– **Click on Rethink Your Drink**



Questions

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