Sugary drinks provide little or no nutritional value
Juice drinks, soda, flavored milk, sports drinks, and sweetened coffees and teas are loaded with sugar and provide little or no nutritional value.

The American Heart Association recommends limiting added sugar to 6–9 teaspoons per day for adults, 5-8 teaspoons for teens and pre-teens, and 3-4 teaspoons for children.

6 oz. Juice Drink = 4 tsp. of sugar
44 oz. Fountain Drink = 38 tsp. of sugar
16 oz. White Chocolate Mocha = almost 15 tsp. of sugar
20 oz. Sports Drink = almost 8 tsp. of sugar

Sugary drink consumption is affecting some of our children more than others

Children who drink at least 1 sugary drink per day are 55% more likely to be overweight or obese than children who don’t.

4% of non-Hispanic/Latino white adults
14.5% of Latino/Hispanic adults

CONSUMPTION IN COLORADO

4% of non-Hispanic/Latino white children drink 1 or more sugary drinks per day
15% of Latino/Hispanic children drink 1 or more sugary drinks per day
29% of African American children drink 1 or more sugary drinks per day
55% of children aged 1-14 drink 1 sugary drink per day per week

Children who drink at least 1 sugary drink per day are at high risk for type 2 diabetes and heart disease.

4% of non-Hispanic/Latino white adults
14.5% of Latino/Hispanic adults

CONSUMPTION IN Boulder COUNTY

14% of children aged 1-14 drink 1 sugary drink per day per week

You can help

Policy Action
- Ban the marketing of sugary drinks on public property.
- Increase the cost of sugary drinks, for example through a soda tax.

Organizational Action
- Get your organization to remove sugary drinks offered at meetings, in vending machines, and for sale – especially in places that serve children.

Individual Action
- Drink fewer or no sugary drinks, and do not serve them to children.
- Switch to tap water, unsweetened tea or coffee, or milk.


HealthyBoulderCounty.org