

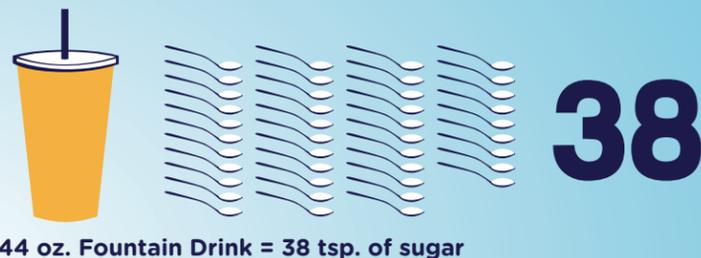
SUGARY DRINK CONSUMPTION

in Boulder County



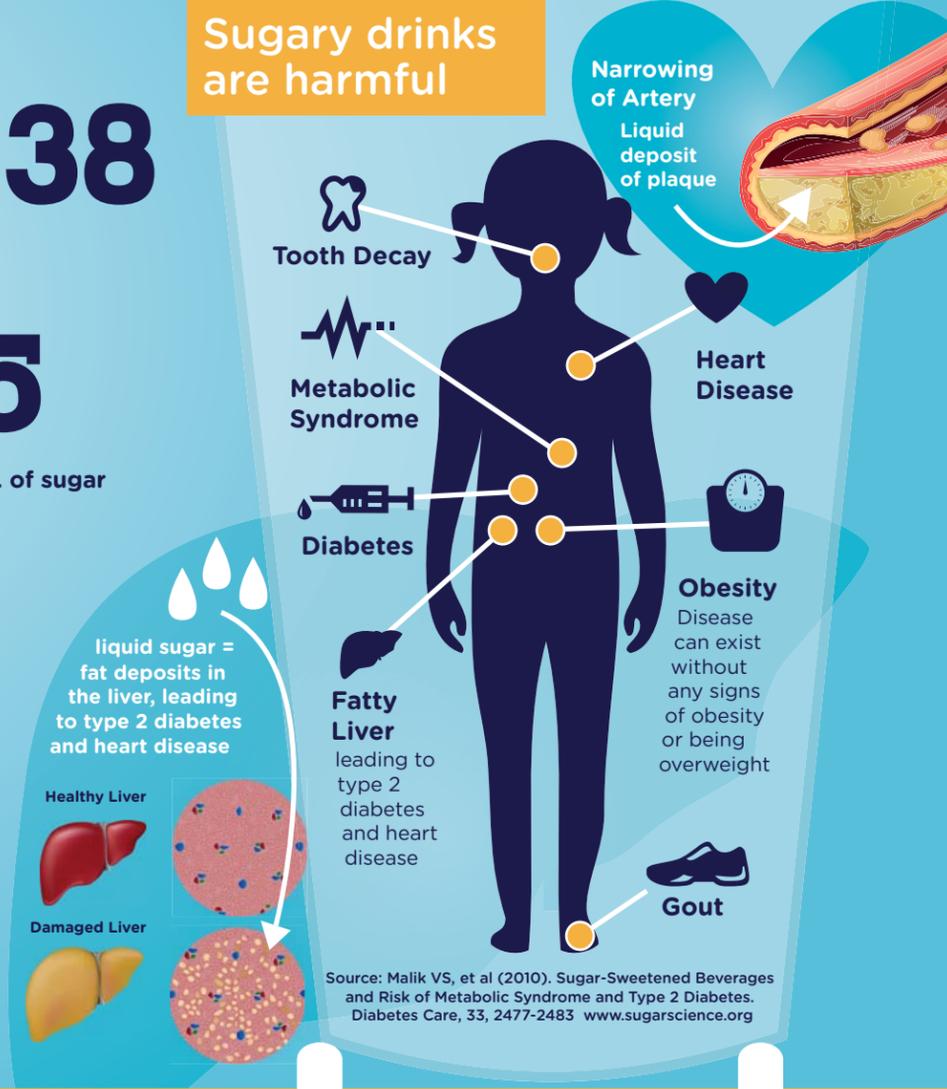
Sugary drinks provide little or no nutritional value

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

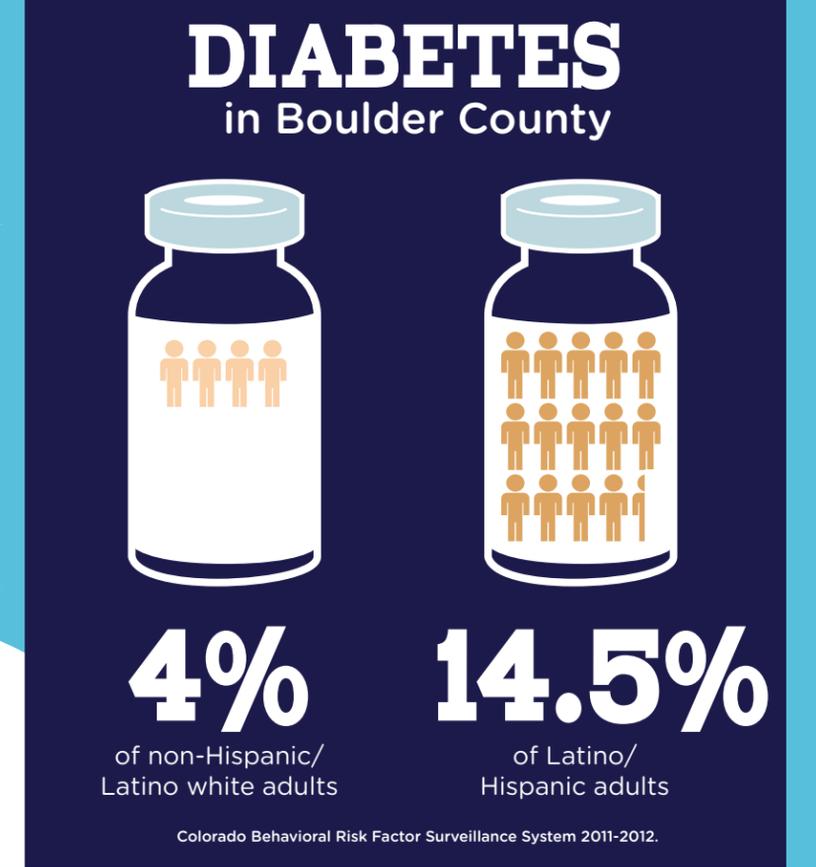
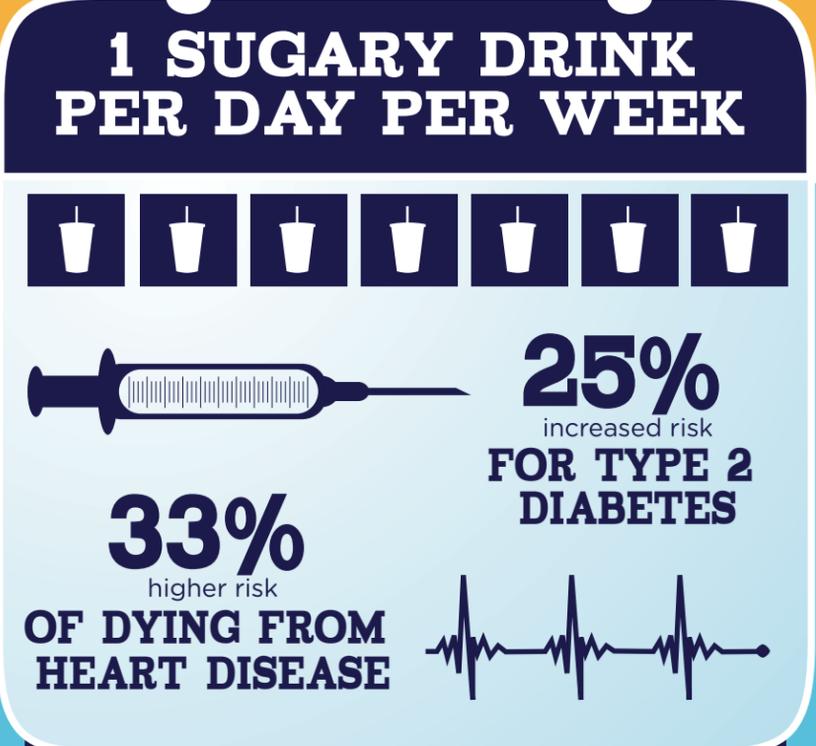
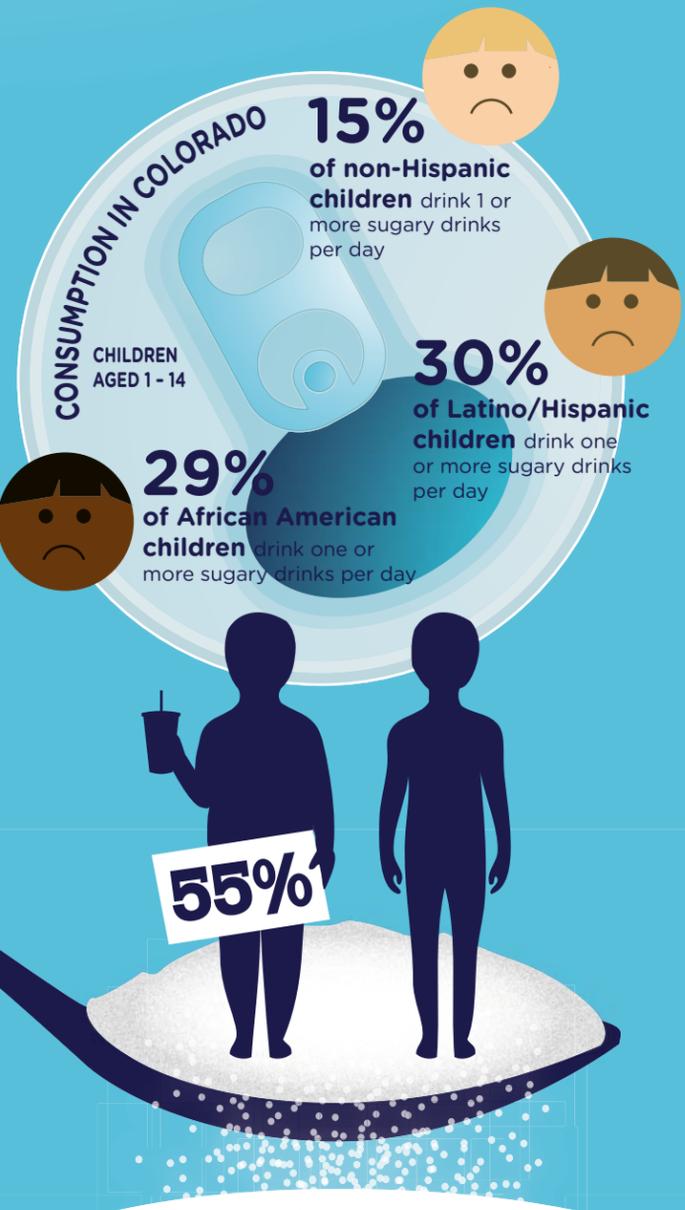


The American Heart Association recommends limiting added sugar to 6-9 teaspoons per day for adults, 5-8 teaspoons for teens and pre-teens, and 3-4 teaspoons for children.

Sugary drinks are harmful



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



Morenga LT, Mallard S, Mann J. Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies. Brit Med J. Jan 15 2013;346.
Child Health Survey 2011, 2012, Colorado Department of Public Health and Environment.

You can help

Policy Action



- Make milk or water the default beverage in children's meals.
- 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.