

Sugary Beverages

Rethink your drink



Drinking beverages with added sugars is linked to weight gain, obesity, type 2 diabetes, heart disease, kidney disease, gout, and tooth decay.

What to know

Examples of sugary beverages include regular soda, fruit drinks, sports drinks, energy drinks, sweetened waters, and coffee and tea beverages with added sugars.

- Sugary drinks are the No. 1 source of added sugars in the U.S. diet.
- 3 in 4 Minnesota students reported consuming at least one sugary drink on a typical day.
- Drinking just one can of soda per day increases adults' risk of type 2 diabetes by 26%.
- One 20-ounce bottle of soda contains 17 teaspoons of added sugar, which is three times the maximum the American Heart Association recommends for children in one day.

What to do

Encourage schools, restaurants, and stores to help

- Ask your school to limit sugary drinks at events and ensure healthy options are available.
- Ask restaurants to offer low-fat milk as part of kids' meals.
- Ask stores to create a healthy checkout area with no sugary drinks to tempt children.

Make smart choices

- Choose water, or sparkling water, instead of sugary beverages.
- Carry a water bottle and refill it during the day.
- Keep a jug or bottles of water in your refrigerator.
- Add slices of lemon, lime, or cucumber to your water.
- Add a splash of 100% fruit juice to sparkling water.
- Serve water or low-fat milk with meals.

For more information

- **Minnesota Department of Health**
<http://www.health.state.mn.us/sugarybeverages>



At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

Visit us at www.health.state.mn.us