



### FACT SHEET:

## **Soda Consumption Puts Kids At Risk For Obesity, Bone Fractures, Osteoporosis, And Cavities**



One 20 oz soda = 17 teaspoons of sugar and 250 calories

One soda a day for a week = 4 hours 20 min of bicycling

### **HUGE CONSUMPTION OF SODA**

**Our Children Drink a LOT of Soda.** Soda consumption has almost doubled in the last 20 years. Among teenage boys, soda drinkers consume almost 2.2 12-ounce sodas each day or 800 cans each year. Girls who consume soda drink nearly 1.7 per day. (*USDA Continuing Survey of Food Intake By Individuals, 1977 - 1996*)

**All These Sodas Mean TOO MUCH Sugar.** Teenage boys consume twice the recommended amount of sugar each day, almost half of which (44%) comes from soft drinks. Teenage girls consume almost 3 times the recommended amount of sugar, 40% of which comes from soft drinks. (*USDA*)

**Sodas Are Replacing Milk and Other Nutritious Beverages.** Twenty years ago, boys consumed more than twice as much milk as soft drinks, and girls consumed 50% more milk than soft drinks. By 1996, both boys and girls consumed twice as much soda as milk. (*USDA*)

### **NEGATIVE IMPACT ON HEALTH**

**More Sodas Lead to Childhood Obesity.** Every additional daily serving of sugar-sweetened soda increases a child's risk for obesity by 60%. Regardless of demographics and lifestyle, soda consumption is an independent risk factor for childhood obesity. (*The Lancet, Feb 2001*)

**More Sodas Lead to Bone Fractures.** A study of 9<sup>th</sup>- and 10<sup>th</sup> grade girls found that those who drank colas were 5 times more likely to develop bone fractures, and girls who drank other carbonated beverages were 3 times more likely to suffer bone fractures than non-consumers. (*Archives of Pediatric Adolescent Medicine, June 2000*)

**More Sodas Mean Less Calcium and More Osteoporosis.** Decreased milk consumption means that children are no longer getting required amounts of calcium in their diets. The average teenage girl now consumes 40% less calcium than she needs, putting her at high risk of osteoporosis in her later years. (*Center for Science in the Public Interest*)

**More Sodas Lead to More Cavities.** Regular consumption of soft drinks promotes tooth decay because sodas bathe the teeth with sugar water for long periods of time. (*Journal of the American Dental Association, 1984:109-241-5*)