

## STRATEGY 2: Limit or Eliminate Sugary Drinks; Provide Water

# why does this matter?

**Limiting sugary drinks is a key way to promote healthy eating and prevent excess weight gain in kids.**<sup>1</sup> Research shows that sugary drinks contribute to childhood obesity.<sup>2</sup>

**Sugary drinks provide a lot of calories very quickly.** This is a problem because it's easy to drink more than your body needs before your body has a chance to signal that it is full. Also, sugary drinks are usually additions to your regular diet, adding calories that your body does not need.<sup>3</sup>

**A 12-ounce serving of soda has the equivalent of 10 teaspoons of sugar.**<sup>3</sup> One serving of soda per day could lead to a 15 pound weight gain in one year.<sup>4</sup> Each additional daily serving of soda increases a child's risk of obesity by 60%.<sup>5</sup>

**Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.** Drinking water is linked to a number of health benefits. It can improve kids' readiness to learn and is the best first choice for hydration before, during, and after most exercise routines.<sup>6,7</sup>

#### References

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