

Sugar Loaded Beverages & the Impacts on Your Health

Pediatric Exercise & Genomics Research Center (PERC) | Department of Pediatrics | UC Irvine Health

THE GOOD

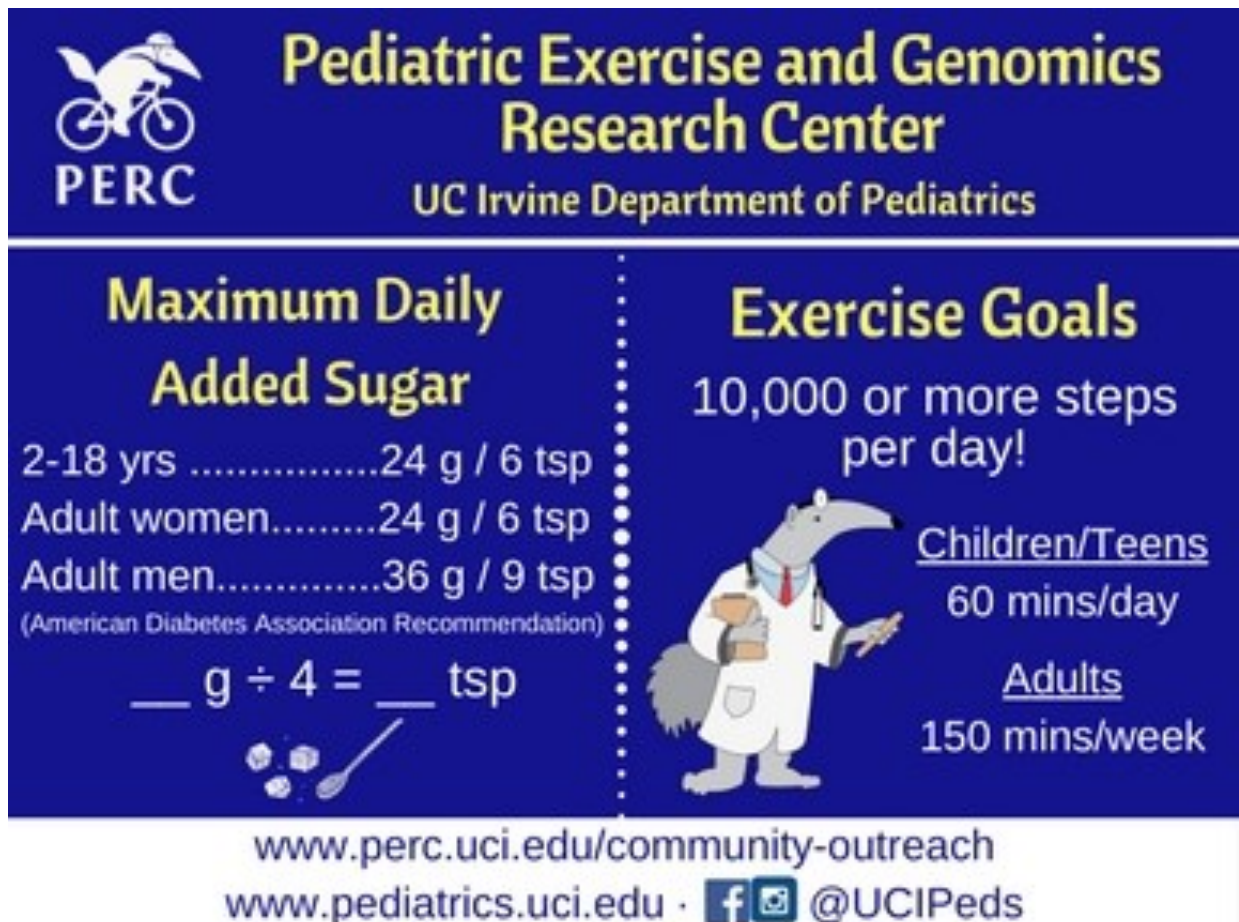
- WATER! Try adding fresh fruit and herbs to your cold, crisp, clean water. Other alternatives include seltzer and low-fat milk.
- READ LABELS- Choose drinks with no more than 25 calories per 8 ounces.
- If consuming fruit juice, make sure it is 100% juice— serve in a small glass AND dilute with water.

THE BAD

- JUICE
 - * NO JUICE before 12 months
 - * NO JUICE should be given in sippy cups or bottles
- ADDED SUGAR should make up no more than 10% of the total daily diet in children and adults.
- SUGAR SUBSTITUTES should be avoided!

THE UGLY TRUTH

- Every additional serving of sugar-loaded beverages per day increased risk of obesity in children by 60%.
- Sugar loaded drinks lead to many diseases including obesity, type 2 diabetes, cardiovascular disease, cancer and more.
- One soda a day equals 30 extra pounds per year.



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Maximum Daily Added Sugar

2-18 yrs24 g / 6 tsp
Adult women.....24 g / 6 tsp
Adult men.....36 g / 9 tsp
(American Diabetes Association Recommendation)



___ g ÷ 4 = ___ tsp

Exercise Goals

10,000 or more steps per day!

Children/Teens
60 mins/day

Adults
150 mins/week

www.perc.uci.edu/community-outreach
www.pediatrics.uci.edu ·   @UCIPeds

COMING SOON! Visit www.perc.uci.edu to have a **registered dietician** answer all your nutritional questions!

Helpful Resources

California Department of Public Health (www.cdph.ca.gov)

American Diabetes Association (www.diabetes.org)

American Academy of Pediatrics (www.aap.org)

American Heart Association (www.heart.org)