



## **the not-so-sweet facts about sugary drinks**

- Sugary drinks are the biggest source of added sugar in the American diet.
- The average child between the age of 9-18 years consumes between 23-34 teaspoons of added sugar per day.
- The American Heart Association recommends no more than 6 teaspoons per day.
- Added sugar sneaks into seemingly “better for you” beverages, such as sports drinks, fruit drinks (i.e. Hi-C) and flavored milks. These drinks may not be as high in sugar as soda pop, but they provide empty calories.
- According to the 2016 Minnesota Student Survey, nearly one-third of Minnesota’s 5th, 8th, 9th and 11th graders reported they drank one or more sports drinks per day.
- Children who consume higher amounts of sugary drinks have a 55% greater chance of being overweight and obese compared to those who consume less sugar drinks.
- Sugary drinks consumption has been shown to increase body fat mass.
- Sugary drinks consumption also contributes to tooth decay and cavities.

Join us in building a healthier Minnesota youth sports community. Commit to reducing sugary drink consumption. Let's make water the drink of choice for peak sports performance, happy hearts and healthy brains.

## let's create a culture of healthy hydration

- Hydrate with water, not sports drinks or caffeinated energy drinks.
- The use of sports drinks for the average child participating in sports is unnecessary. Sports drinks have been marketed to replace fluid and electrolytes lost in sweat during and after exercise suggesting improved athletic performance. Children obtain the necessary vitamins, minerals and calories needed from the regular meals they consume.
- Energy drinks contain added sugar, caffeine and other stimulants that may increase the chances of developing an abnormal heart rhythm and it increases blood pressure that can strain the heart. These products have no business in a child or adolescents' diet.
- Sugar comparisons like the graphic below help to demonstrate and visualize the dramatic amounts of sugar.



28 oz.  
SPORTS  
DRINK

28 oz. Sports Drink (2.5 servings)  
= 52.5 g of sugar

6 GLAZED  
DONUTS



6 Glazed Donuts (6 servings)  
= 48 g of sugar



BOTTLED  
WATER

Water  
= 0 g of sugar

### we need your help. our ask:

1. **Parents provide water** as the sole source and best option for hydration at practice, games, and competitions.
2. **Coaches promote water** as the sole source and best option for hydration at practice, games, and competitions.

### looking for more resources? contact **Sueling Schardin, MPH, RD**

Community Impact Director, *American Heart Association* • 952-278-7902 • [sueling.schardin@heart.org](mailto:sueling.schardin@heart.org)



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