



## **A MINUTE OF HEALTH WITH CDC**

### *Stay Away From Sugary Drinks*

*Sugar-Sweetened Beverage Consumption Among Adults---18 States, 2012*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

A soda or fruit drink may be a cold and refreshing treat, but too many sugar-sweetened beverages can lead to serious health problems. More than one in four U.S. adults drinks a soda or fruit drink daily, and regular consumption is most common among young adults, 18 to 34. Because they have so many calories, sugar-sweetened drinks are associated with obesity, diabetes, and heart disease.

Instead of sugary drinks, water is the best alternative and should be the drink of choice on a daily basis. If you want to make your water more interesting, try adding a slice of lemon, lime, cucumber, or watermelon.

Thank you for joining us on a Minute of Health with CDC.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*