



A MINUTE OF HEALTH WITH CDC

Curb the Colas

Trends in Beverage Consumption among High School Students — United States, 2007-2015

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

Having a soda with friends is an iconic part of teenage life in America. But, consumed in excess, sugar-sweetened beverages can lead to serious health problems. Kids who regularly have sugary drinks are at increased risk for diabetes, obesity, and cavities. Staying hydrated is important, and certain drinks provide necessary nutrients, but sugar-sweetened beverages provide no nutritional value. Parents—warn your young children and teenagers about the health problems associated with drinking too much soda, and stock your refrigerator with healthy drinks, such as water and low-fat milk.

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

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.