



## A CUP 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.*

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

A soda or fruit drink may be a cold and refreshing treat, but too many sugar-sweetened beverages can lead to serious health problems.

Dr. Sohyun Park is a researcher with CDC's Division of Nutrition, Physical Activity, and Obesity. She's joining us today to discuss the health risks associated with drinking too many sugar-sweetened beverages. Welcome to the show, Sohyun.

[Dr. Park] Thank you. Happy to be here.

[Dr. Gaynes] Sohyun, how common is consumption of sugar-sweetened drinks among adults in the U.S.?

[Dr. Park] It is very common. In 18 states, about one in four adults drink sugar-sweetened beverage at least one time a day.

[Dr. Gaynes] Is it more common in any particular age group?

[Dr. Park] Yes. It is most common among young individuals. For example, young people aged 18 to 34 years are twice more likely to drink sugar-sweetened beverages than older people aged 55 or older.

[Dr. Gaynes] What are the health problems associated with drinking too many sugar-sweetened beverages?

[Dr. Park] It has been linked to obesity, type 2 diabetes, cardiovascular disease, liver disease, kidney disease, and dental caries.

[Dr. Gaynes] What are healthy alternatives to sugar-sweetened beverages?

[Dr. Park] We recommend drinking plain water. If you'd like to make your water more exciting, add a slice of lemon, lime, cucumber, or watermelon. Other alternatives are fat free milk, unsweetened tea, and limited amounts of 100 percent juice. Although 100 percent juice provides vitamins, it also provides calories.

[Dr. Gaynes] Sohyun, where can listeners get more information about healthy beverage choices?

[Dr. Park] Go to [cdc.gov](http://cdc.gov) and in the search box, type "rethinkyourdrink."

[Dr. Gaynes] Thanks, Sohyun. I've been talking today with CDC's Dr. Sohyun Park about the health risks associated with drinking too many sugar-sweetened beverages.

Remember, because they have so many calories, sugar-sweetened drinks are associated with diabetes, obesity, and heart disease. So instead of sugary drinks, water is the best alternative and should be the drink of choice on a daily basis.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

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