Trade in that Soda for Milk or Water!
Soda is Related to Obesity and Health Risks

“After doing this study, it became clear to me that there is no reason to ever serve your child sugar-filled beverages such as soft drinks. Children can remain well hydrated on water, skim milk, and moderate amounts of 100% juice.”

Marlene Schwartz, Deputy Director
Yale Rudd Center for Food Policy & Obesity

CARE Tips

• Replace sodas and sugary soft drinks with other refreshing drinks. When you are thirsty – water is best! Add extra flavor with a little Crystal Light, a twist of lemon or herb tea.
• Ensure that kids drink plenty of low-fat or skim milk for strong bones and bodies.
• Children who are lactose intolerant can substitute other healthy beverages such as unsweetened soy milk.

Soda and sugary soft drinks are viewed by many as contributing to obesity and its related health problems. Yale researchers reviewed all current research articles published on this topic – 88 reports in all – to see if drinking soda and sugary soft drinks is related to poor nutrition and bad health outcomes.

Clear links were found between drinking soft drinks and increased calories and body weight. Children and adults who drink soda and soft drinks:

- Take in more sugar.
- Do not eat less of other foods to adjust for the calories taken in from these unhealthy drinks.
- Drink less milk, which has important health benefits like Vitamins A, D, and calcium.

People who drink more soda and sugary soft drinks are also at a higher risk for health problems such as diabetes and high blood pressure.

**Bottom Line**

Drinking soda and sugary soft drinks leads to increased body weight and puts kids and adults at risk for other health problems, such as diabetes and high blood pressure.

**Definitions**

**Calories** are how we measure the amount of energy in food.

**Obesity** is defined as having a Body Mass Index (BMI) of more than 30. BMI is a measure of body fat based on height and weight. To find out your BMI, go to: www.nhlbisupport.com/bmi