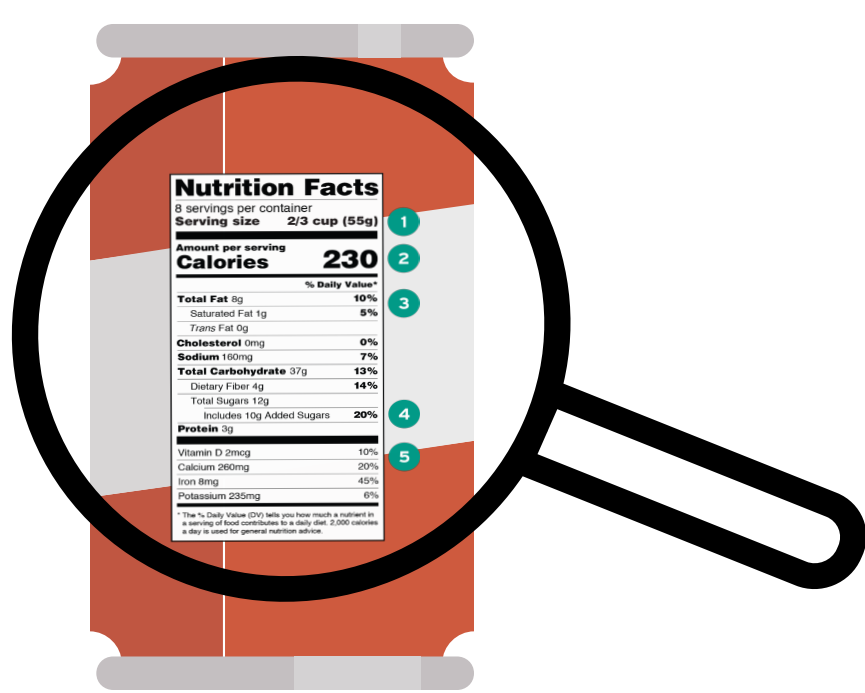




# Factors that Promote Unwanted Weight Gain: Sugar Sweetened Beverages

Beverages that are sweetened promote unwanted weight gain as they provide a concentrated source of calories coming from added sugar. Along with accelerating unwanted weight gain, sugar sweetened beverages are associated with development of dental carries (cavities), increased risk for type II diabetes, and increased risk for heart disease. Examples of sugar-sweetened beverages include soda, fruit punch, flavored milk, sweetened teas, sweetened coffee drinks, sports drinks, and energy drinks.



The best way to identify a sugar-sweetened beverage is to look at the **Nutrition Facts Label** and **Ingredient List** on the drink itself. The "**Total Sugars**" on the nutrition facts label will indicate the total amount of sugar that is in a serving of the beverage, which includes both naturally occurring sugar and added sugar. The Nutrition Facts Label will distinguish the grams of added sugar present in the beverage. Drinks like flavored milk and juice drinks containing a percent of real fruit juice may have a portion of naturally occurring sugar, while drinks like soda and sweetened teas only contain added sugars. When looking to prevent unwanted weight gain, avoid beverages with any added sugar and and consume beverages with naturally occurring sugar like milk and 100% fruit juice in age-appropriate portions.

## Age-Appropriate Intake of 100% Fruit Juice and Milk per American Academy of Pediatrics (AAP).

- **100% Fruit Juice**

Ages 0-1 year: Avoid juice

Ages 1-3 years: 0- 4oz per day

Ages 4-6 years: 0-6oz per day

Ages 7-18 years: 0-8oz per day

- **Plain Cow's Milk**

Note: only whole milk should be provided from ages 1 through 2 years. At age 3 and up, milk percentage can be adjusted based on specific nutrition goals. In cases of unwanted weight gain, lower fat dairy should be selected.

Ages 1-2 years: 8-16oz per day

Ages 4-8 years: 16oz per day

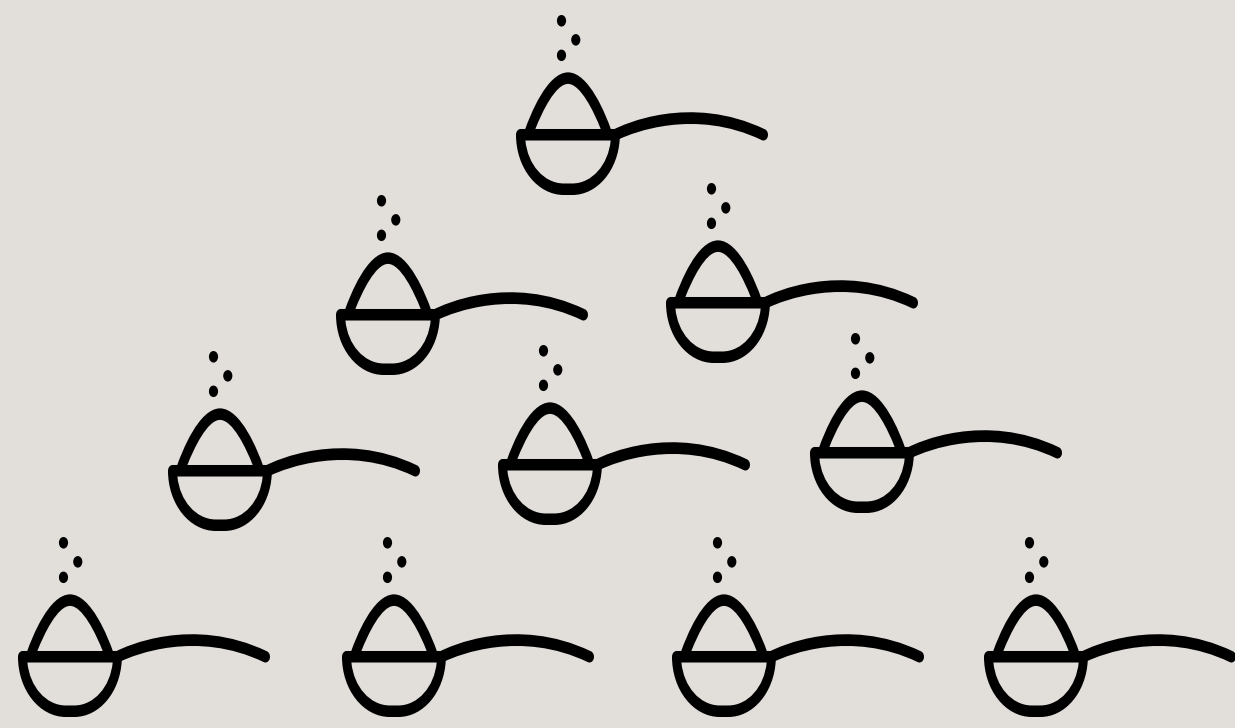
Ages 9 years and up: no more than 24oz per day

# Did you know how many grams of added sugar are in 12 ounces of these sweetened beverages?

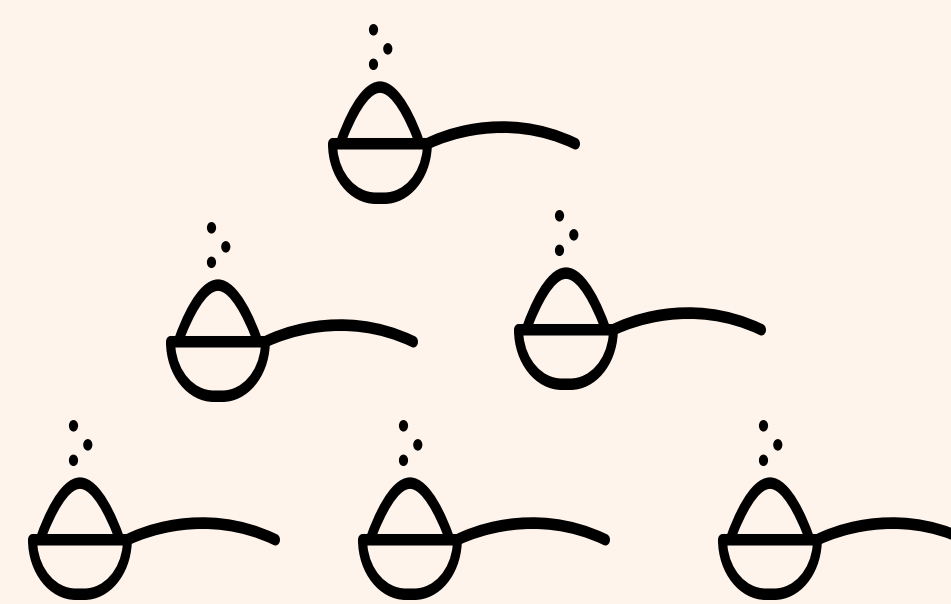
1 teaspoon of sugar is equal to approximately 4 grams



Soda



39 grams of added sugar  
(~10 teaspoons)



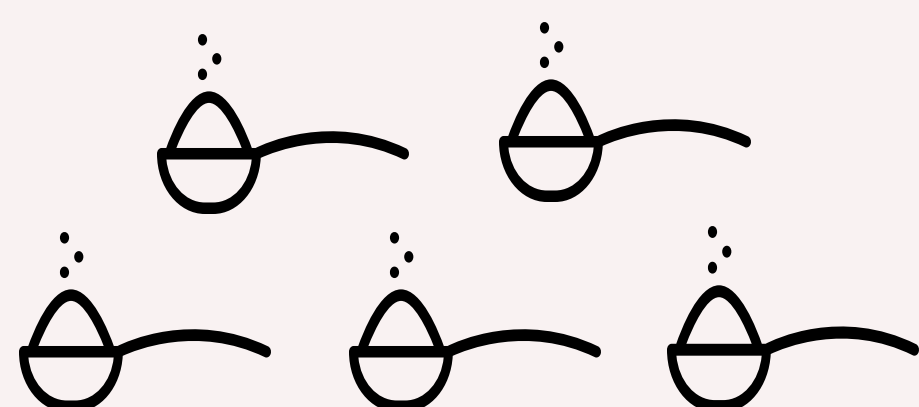
24 grams of added sugar  
(6 teaspoons)



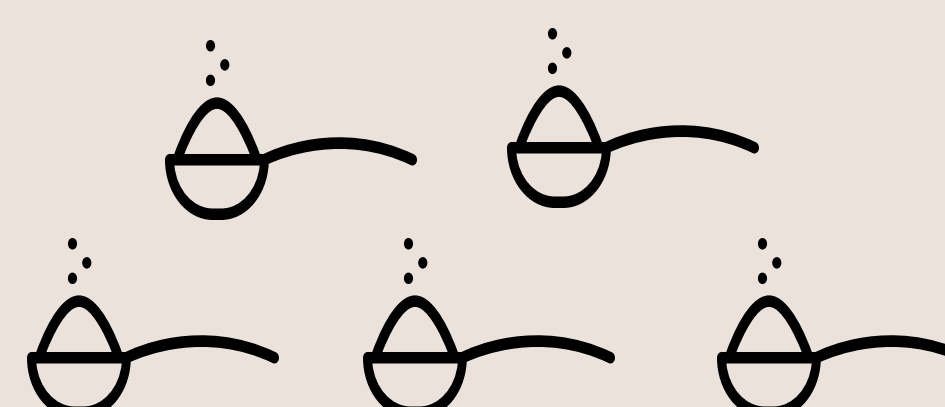
Flavored Milk



Sweetened  
Juice Drinks



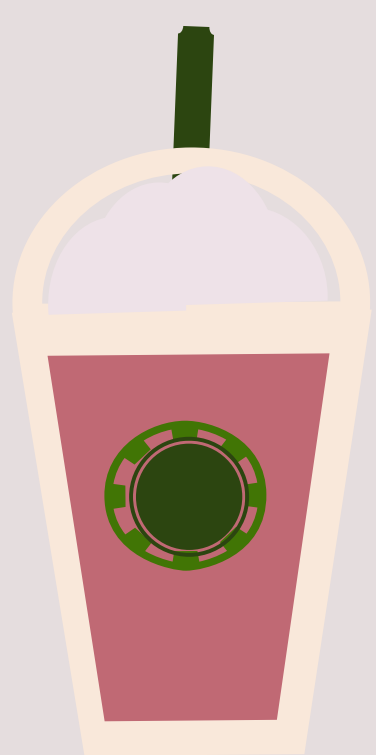
20 grams of added sugar  
(5 teaspoons)



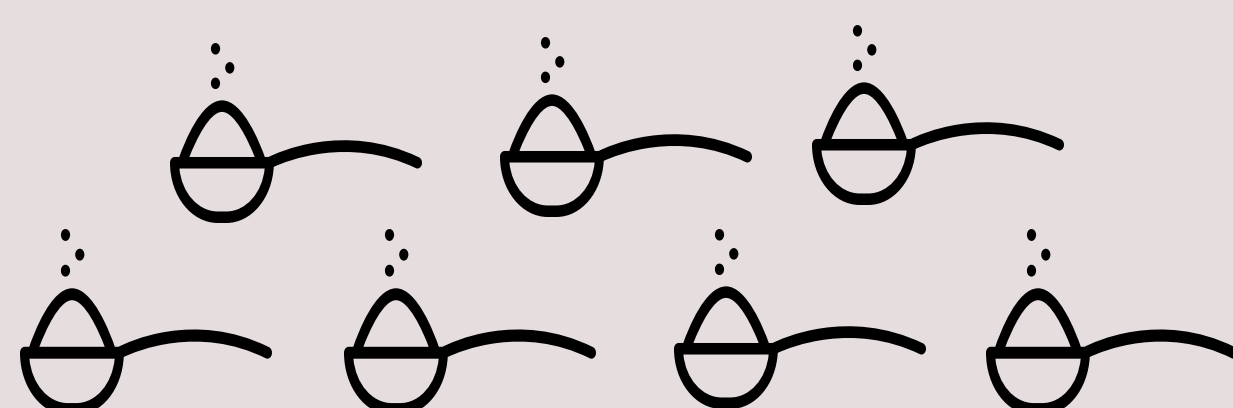
21 grams of added sugar  
(~5 teaspoons)



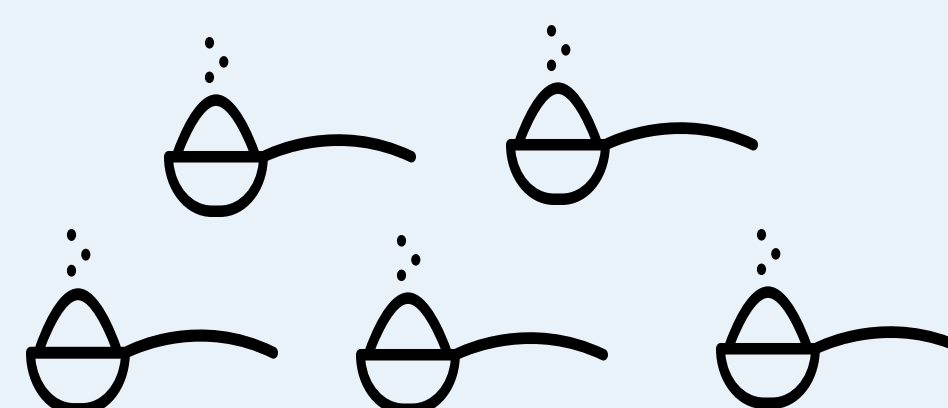
Sweetened Tea



Sweetened  
Coffee Drinks



31 grams of added sugar  
(~7 teaspoons)



20 grams of added sugar  
(5 teaspoons)



Sports Drinks

Replacing a 12 ounce soda for an unsweetened beverage like water or seltzer daily saves **980 calories** over the course of a week.



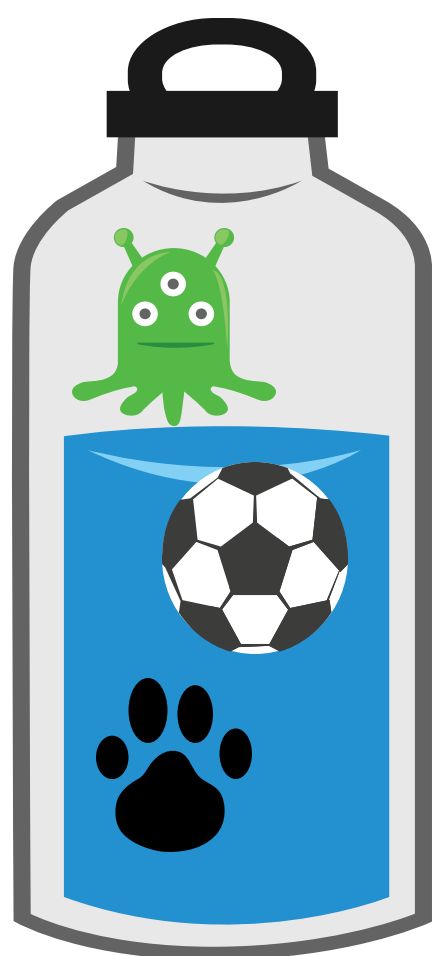
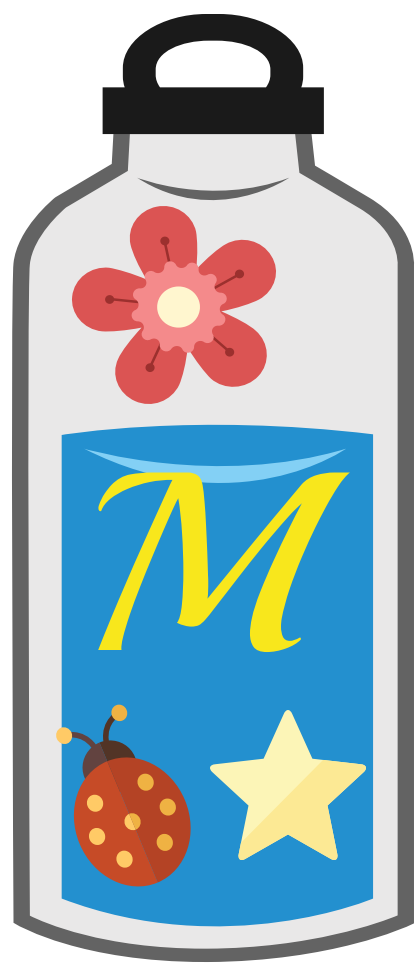
# Ways to Remove Sugar Sweetened Beverages

- **Look for 100% juice**

If you would like to incorporate juice, choose 100% fruit or vegetable juices to avoid added sugars. 100% fruit and vegetable juices also provide the additional benefit of the naturally occurring vitamins and minerals that exist in the whole fruit or vegetable.

- **Remove sweetened beverages from your home**

Sugar sweetened beverages are more likely to be regularly consumed if they are readily available at home. Avoiding purchasing sweetened beverages not only reduces the ability for frequent consumption, but also promotes consumption of the non-sweetened beverages that are made available like water and milk.

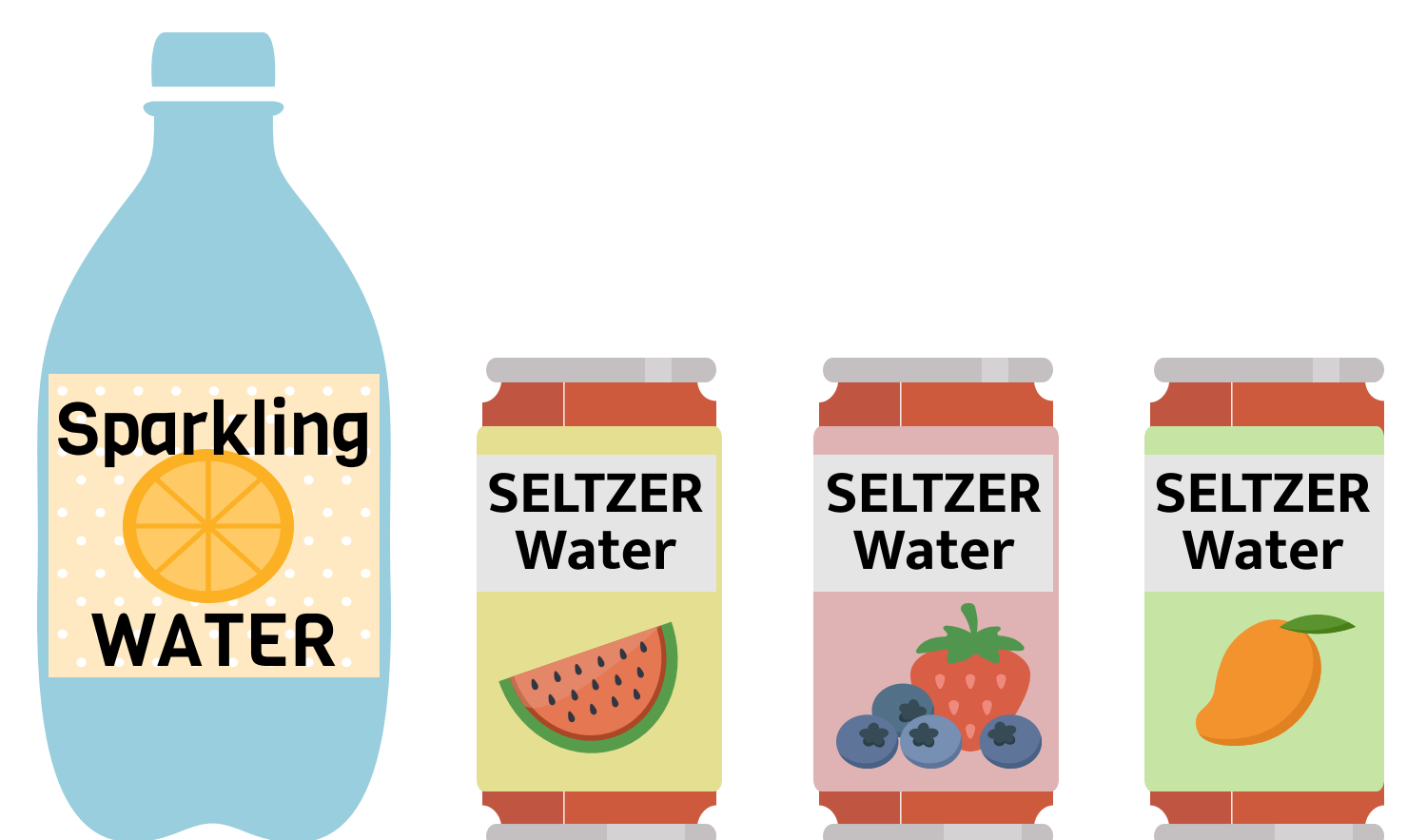


- **Use a refillable water bottle**

Having a refillable water bottle can encourage more frequent water consumption and can take the place of sweetened beverages at meal and snack time. Decorating and personalizing water bottles with waterproof stickers is a fun way to increase interest in continued use of the bottle, especially with younger children.

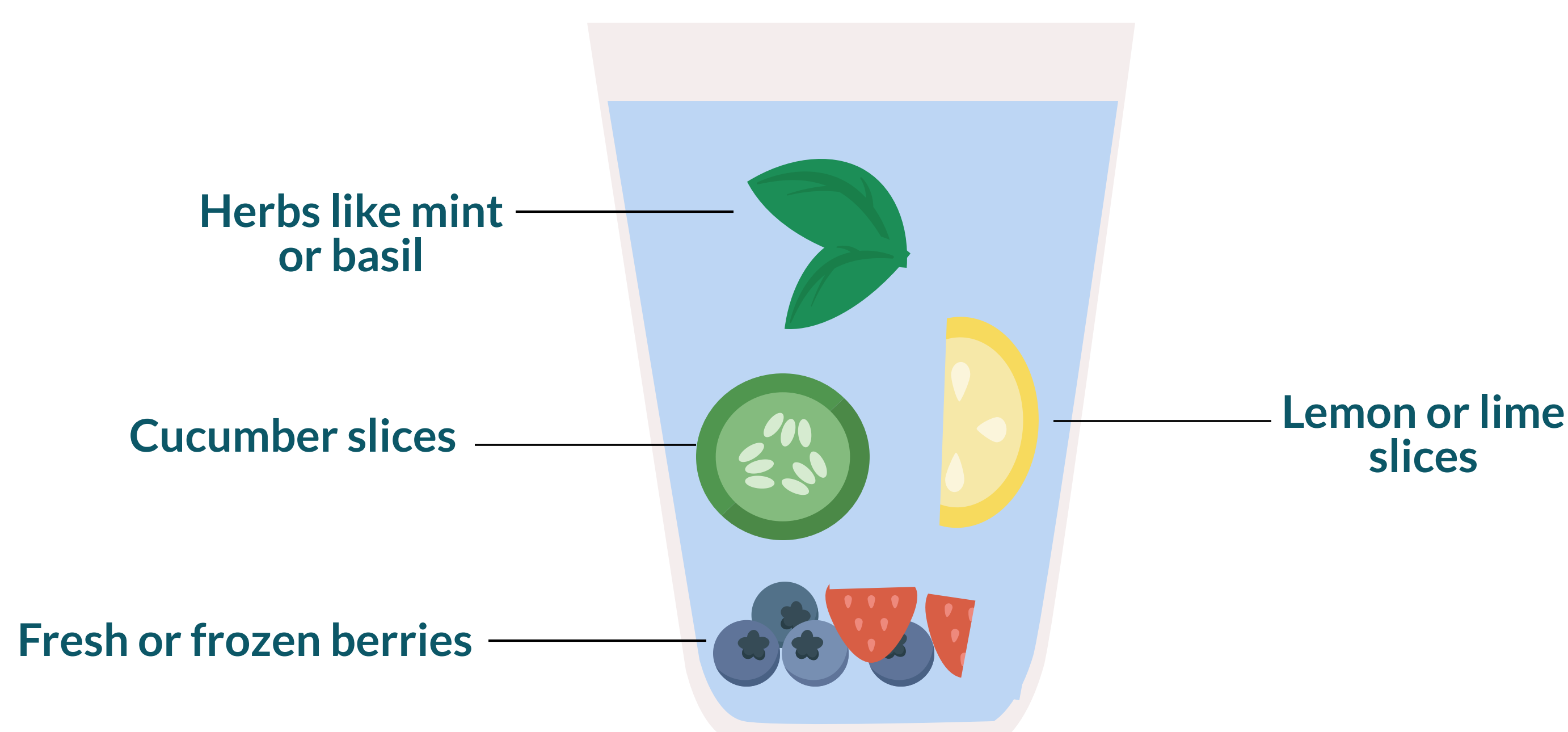
- **Try Flavored Sparkling Water or Seltzer**

Swap out sweetened juices and sodas for unsweetened seltzer or sparkling water to incorporate variation and flavor while avoiding excess sugar and empty calories.



- **Try 'Spa Water'**

Adding herbs or fruit to still or sparkling water to make 'Spa Water' can be a fun way to add flavor and visual appeal to plain water. Letting children choose the ingredients for their Spa Water is also a great way to increase their interest in drinking water throughout the day.





# Factors that Promote Unwanted Weight Gain: Ultra Processed Foods

## What is a processed food?

A processed food is a food that has undergone any sort of alteration from its original state. Foods can be **unprocessed**, **minimally processed**, **processed** or **ultra processed**.

- An **unprocessed** food is a food that has not been altered from its original state.

**Example: Fresh, whole apple**

- A **minimally processed** food is a food that has undergone minor adjustments, often to make it safe for storage or consumption. Examples of minimal processing include removing inedible parts, freezing, blending, or pasteurizing. Minimal processing does not change the nutritional value of the food.

**Example: Purchasing a package of apple slices with stem and seeds removed**

- A **processed** food is a food that has an additional food ingredient added like salt, fat, or sugar to enhance or change flavor, texture, or shelf-life. Processing often changes the nutritional profile of the food.

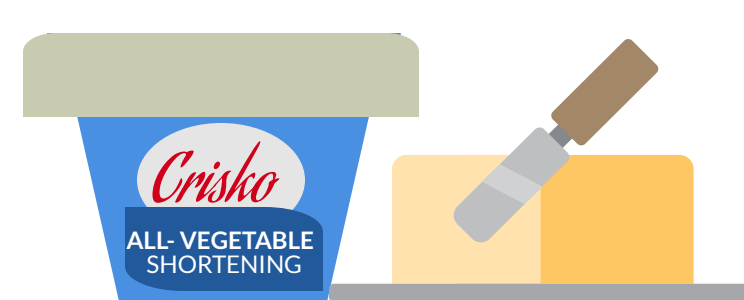
**Example: Sweetened applesauce**

- An **ultra processed** food is a food that has several added ingredients, often which are substances extracted from whole foods or chemical additives. Ultra-processed foods may include additives like sugars, salts, emulsifiers, natural and artificial flavors, preservatives, and colorants.

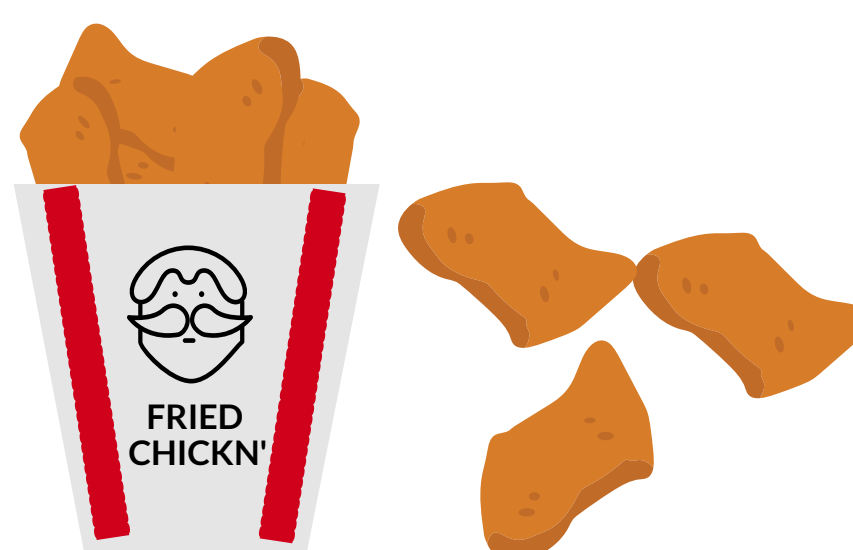
**Example: Pre-packaged apple fritter**

Ultra processed foods promote unwanted weight gain as they are often low in protein, fiber, vitamins, and minerals, and high in added sugar, saturated fats, trans fats, and sodium. Because processed foods are also made with taste at the forefront of importance, they often are very palatable, making them highly desirable and addictive.

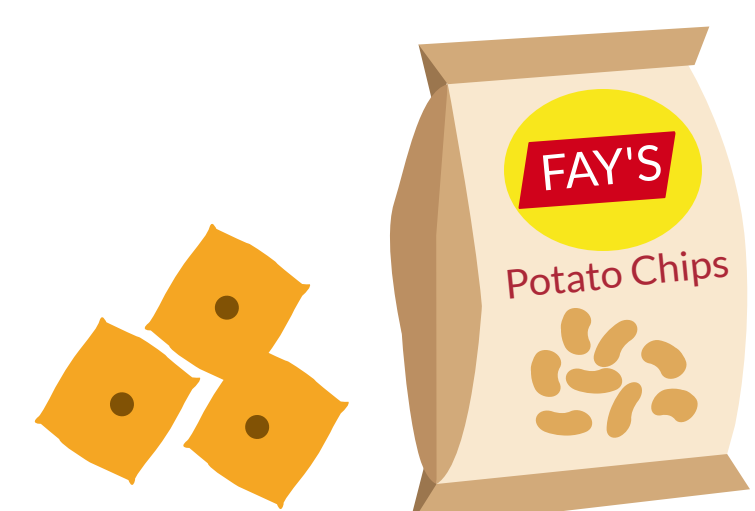
## More Examples of Ultra-Processed Foods:



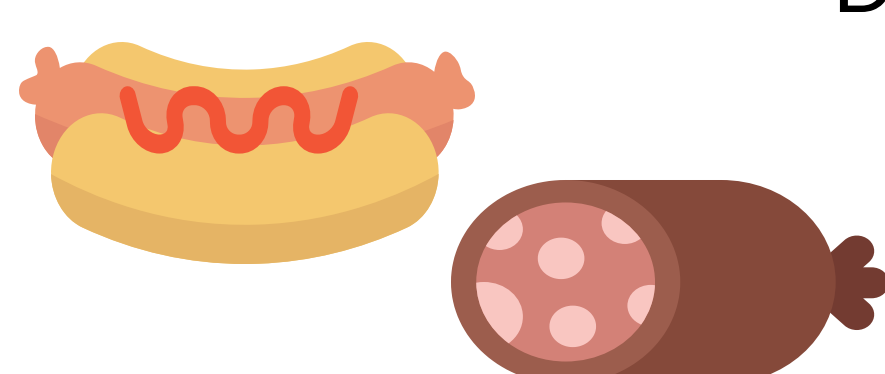
Shortening and Margarine



Deep fried chicken and fast food chicken nuggets



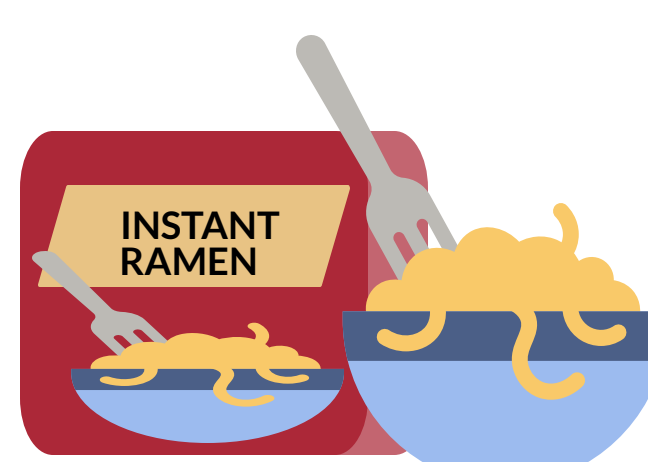
Chips and Crackers



Cured and processed meats



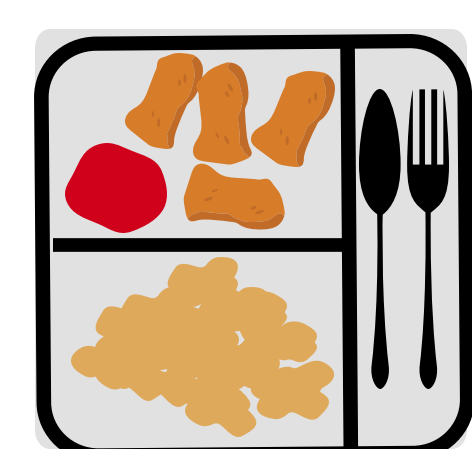
Sweetened Cereals



Instant noodles



Candy



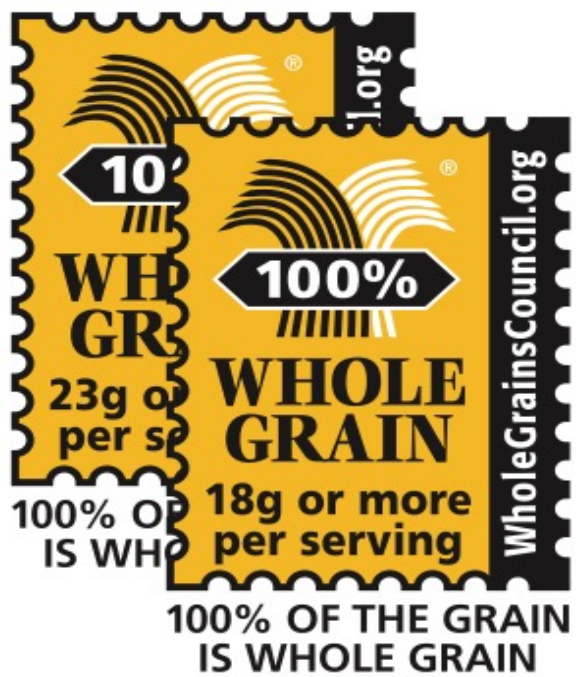
Frozen, microwavable meals



# Tips for Reducing Ultra Processed Foods

- **Look for 100% whole grain products**

Limit refined grains by looking for **100% whole grain labels** on packaged grain products



The 100% Whole Grain Stamp indicates that all of the grains in the food product are whole grains that have not had beneficial fiber removed during processing.

Whole Grain Stamp. (n.d.). The Whole Grain Council. Retrieved March 3, 2022, from <https://wholegrainscouncil.org/whole-grain-stamp>.

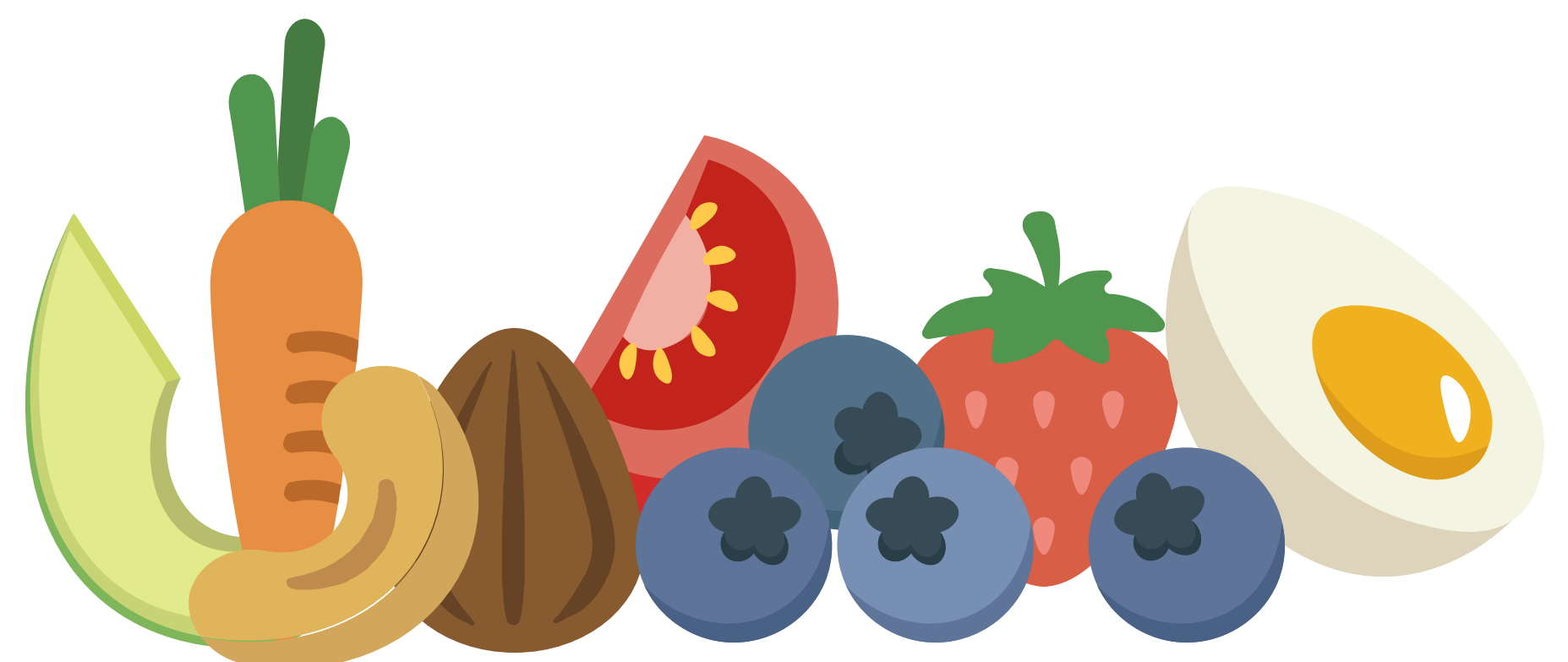
- **Remove sugar-sweetened beverages**

Eliminate ultra-processed beverages by replacing sweetened drinks with plain water, unsweetened seltzer, 100% fruit juice, or plain milk.



- **Focus on whole foods at snack time**

Replace packaged snack foods like chips, cookies, candy, and sweetened cereals with snacks that are comprised of whole foods like fruit, vegetables, eggs, nuts, or seeds.



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Heart Foundation NZ. (2019, April 30). *Why are some processed foods less healthy?* Heart Foundation NZ. Retrieved January 30, 2022, from <https://www.heartfoundation.org.nz/about-us/news/blogs/five-ways-to-eat-less-processed-food>  
Centers for Disease Control and Prevention. (2021, March 11). *Get the facts: Sugar-sweetened beverages and consumption.* Centers for Disease Control and Prevention. Retrieved January 29, 2022, from <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>  
Heyman, M. B., Abrams, S. A., Heitlinger, L. A., Cabana, M. deC., Gilger, M. A., Gugig, R., Hill, I. D., Lightdale, J. R., Daniels, S. R., Corkins, M. R., de Ferranti, S. D., Golden, N. H., Magge, S. N., & Schwarzenberg, S. J. (2017, June 1). *Fruit juice in infants, children, and adolescents: Current recommendations.* American Academy of Pediatrics. Retrieved January 31, 2022, from <https://publications.aap.org/pediatrics/article/139/6/e20170967/38754/Fruit-Juice-in-Infants-Children-and-Adolescents>

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