

Sugary Beverages

Use the following website

<http://www.bphc.org/whatwedo/healthy-eating-active-living/fatsmack/Pages/fatsmack.aspx> to locate the answers to the below questions.

1. How are sugary drinks defined?

2. Identify the following statements as True or False. If false, correct the statement to make it true.

- _____One, 16-oz bottle of regular soda has about 16 teaspoons of sugar.
- _____Teens consume two times more milk than soda.
- _____On an average day, 80% of youth consume a sugary drink.
- _____The average person consumes almost 100 pounds of sugar a year, with the single biggest source being sodas.
- _____The American Heart Association recommends that the maximum daily intake of added sugars be no more than 8 teaspoons for teens aged 12-19.
- _____Did you know, health costs of obesity in the United States are \$147 billion annually? That's like buying everyone in the U.S. an iPad 2.

3. Describe natural sugars and added sugars in the boxes.

Natural Sugars:

Examples:

Added Sugars:

Examples

4. What can a person do to determine if their beverage is sugary?

5. What guideline is used to determine if you should "rethink your drink"?

6. What are some aliases for sugar? Identify 10.

7. What health issues are people more at risk for when consuming sugary beverages? List 5.