

SUGARY DRINKS CONTRIBUTE TO CHILDHOOD OBESITY

The beverage industry would have you believe their drinks are good for you. They're dead wrong. Sugary drinks have no health benefits or nutritional value and provide only empty calories. It's time to add a tax on sugary drinks and use that revenue to promote healthy living initiatives.

HERE ARE THE FACTS:

- All lines of evidence consistently support the conclusion that the consumption of sugary drinks, including soda pop, has contributed to the obesity epidemic.ⁱ
- Sugary drinks increase the risk of heart disease, stroke, diabetes, arthritis and cancer.
- Each additional serving of a sugar-sweetened beverage increases the risk of obesity in middle-school students by 60 percent.ⁱⁱ
- The average Canadian consumes a whopping 73 litres of soft drinks annually.ⁱⁱⁱ
- Sugary drinks have no nutritional or health benefits – only health risks.

ⁱ Woodward-Lopez G, Kao J, Ritchie L. To what extent have sweetened beverages contributed to the obesity epidemic? *Public Health Nutrition*. September 2010.

ⁱⁱ Dubois L, Farmer A, Girard M, Peterson K. Regular sugar-sweetened beverage consumption between meals increases risk of overweight among preschool-aged children. *J Am Diet Assoc*. 2007 Jun;107(6):924-34.

ⁱⁱⁱ Statistics Canada. *Canada Food Stats Highlights*. 2009.

For our children's sake, and for all
Canadians, we need to help put
the lid back on sugary drinks.