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Nutrition

Get the Facts: Sugar-Sweetened Beverage Consumption

Sugar-sweetened beverages (SSBs) or sugary drinks are leading sources of added sugars in the American diet. Frequently drinking sugar-sweetened beverages is associated with weight gain/obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay and cavities, and gout, a type of arthritis.¹⁻⁴ Limiting the amount of SSB intake can help individuals maintain a healthy weight and have a healthy diet.



What are sugar-sweetened beverages?

- Sugar-sweetened beverages are any liquids that are sweetened with various forms of sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, maltose, molasses, raw sugar, and sucrose.⁵
- Examples of SSBs include, but are not limited to regular soda (not sugar-free), fruit drinks, sweetened waters, and coffee and tea beverages with added sugars.⁵

SSB consumption varies by age, sex, race/ethnicity, geographic status.

- In 2011-2014, 6 in 10 youth (63%) and 5 in 10 adults (49%) drank a sugar-sweetened beverage. On average, U.S. youth consume 143 calories from SSBs and U.S. adults consume 145 calories from SSBs per day.^{6,7}
- Among youth, SSB intake is higher among boys, adolescents, non-Hispanic blacks, or those living in a low-income family.^{6, 8}
- Among adults, SSB intake is higher among males, young adults, non-Hispanic blacks, or those living in a low-income household.^{7, 8}
- The prevalence of Americans who drink SSB at least once per day differs geographically. Among adults living in the Northeast, 67% among adults living in the South, 61% among adults living in the Midwest reported drinking SSBs one or more times per day.
- Americans drink 52% of SSB calories at home and 48% of SSB calories away from home.

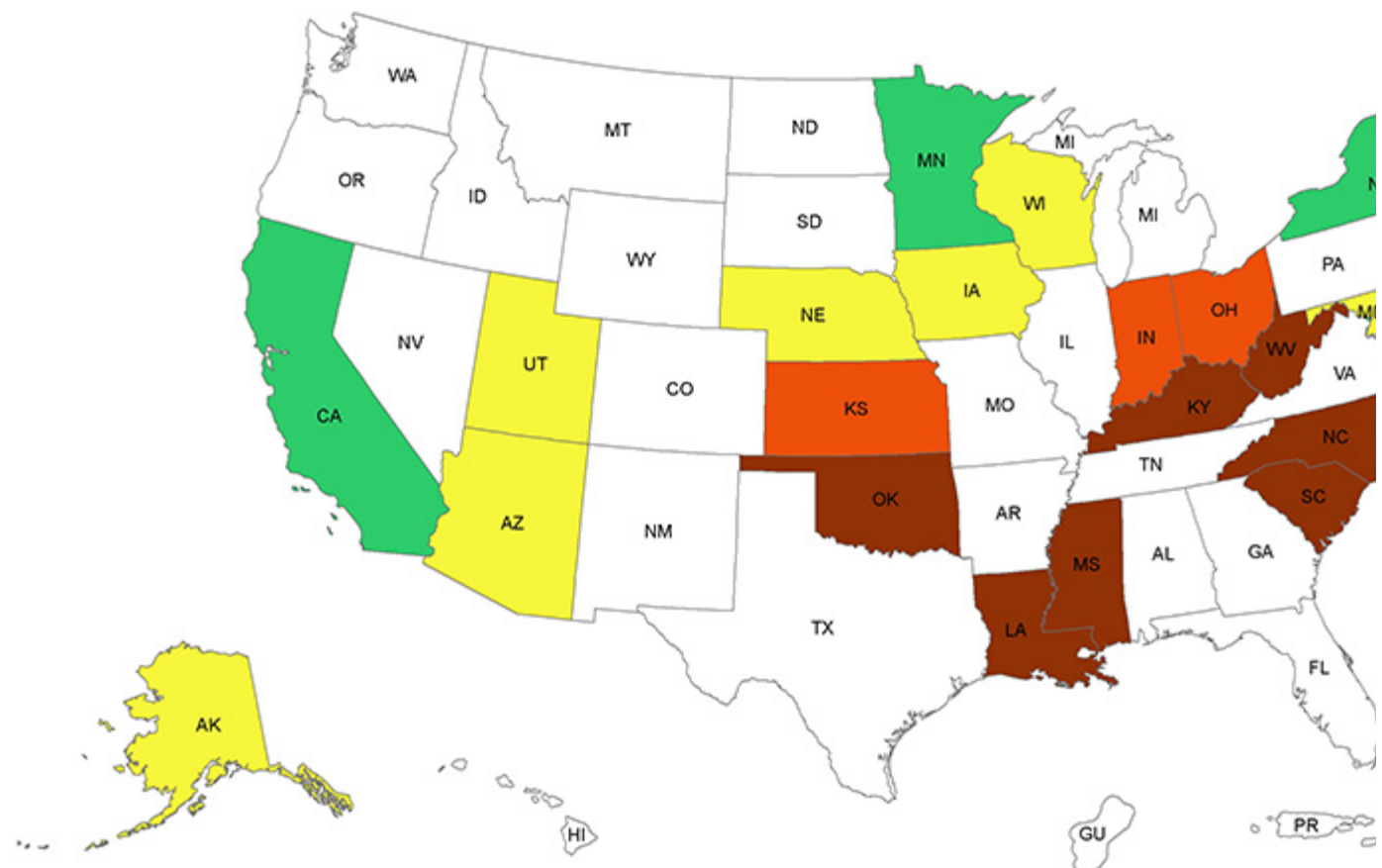
SSB consumption is associated with less healthy behaviors.

Adults and adolescents who smoke, don't get enough sleep, don't exercise much, eat fast food regularly are more likely to be frequent consumers of SSBs. Additionally, adolescents who have more screen time (e.g., television, cell phones, computers, video games).¹¹⁻¹³

The prevalence of daily SSB intake (greater than or equal 1 time/day) varied across states in 2013.

Prevalence of adults reported drinking SSBs at least once a d

Prevalence of Daily Sugar-sweetened Beverage Intake (≥1 ti among US Adults, BRFSS 2013




Source: Behavioral Risk Factor Surveillance System, CDC

The prevalence of daily SSB intake (greater than or equal 1 time/day) varied across states 2013.

- In only 2 states out of 23 states and DC surveyed, less than 20% of adults were daily
- In 4 states and DC out of 23 states and DC surveyed, 20% to less than 25% of adults
- In 7 states out of 23 states and DC surveyed, 25% to less than 30% of adults were da
- In 3 states out of 23 states and DC surveyed, 30% to less than 35% of adults were da
- In 7 states out of 23 states and DC surveyed, 35% or more of adults were daily SSB c

Resources

- [A Data User's Guide to the BRFSS Sugar-Sweetened Beverage Questions: How to Ana Sweetened Beverages](#)  [PDF-376KB]
- [Rethink Your Drink: Options for reducing the number of calories you drink](#)

- CDC Podcast: [Sugary Drinks; Curb the Colas](#)

CDC Publications

Youth

- Trends in beverage consumption among high school students – United States, 2007-2014
- District policies and practices vary in their association with adolescents' consumption of sugar-sweetened beverages; January 2017 [↗](#)
- School district policies and adolescents' soda consumption; July 2016 [↗](#)
- Child and caregiver attitudes about sports drinks and weekly sports drink intake among U.S. youth
- Self-reported advertising exposure to sugar-sweetened beverages among U.S. youth
- Mothers' child-feeding practices are associated with children's sugar-sweetened beverage intake; August 2014
- The association of sugar-sweetened beverage intake during infancy with sugar-sweetened beverage intake in early childhood; September 2014 [↗](#)
- A longitudinal analysis of sugar-sweetened beverage intake in infancy and obesity at age 5 years

Adults

- Physician characteristics associated with sugar-sweetened beverage counseling practices among primary care physicians
- Permanent tooth loss and sugar-sweetened beverage intake in U.S. young adults; National Health and Medical Examination Survey, 1999-2004
- Association of sugar-sweetened beverage intake frequency and asthma among U.S. adults
- Prevalence of sugar-sweetened beverage intake among adults — 23 States and the District of Columbia, 2007-2010; February 2016
- Knowledge of sugar content of sports drinks is not associated with sports drink consumption among U.S. adults; 2015 [↗](#)
- Association between sugar-sweetened beverage intake and proxies of acculturation among Hispanic white adults; 2015 [↗](#)
- Sugar-sweetened beverage consumption among adults – 18 States, 2012; August 2014
- The relationship between health-related knowledge and sugar-sweetened beverage consumption among U.S. adults; 2014 [↗](#)

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