

# Health In Progress

## Lesson 22

### Soft Drinks



#### QUESTION 22:

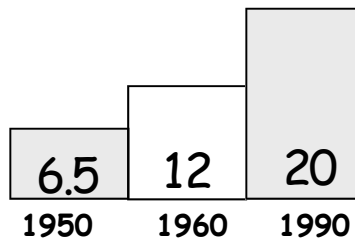
The main sweetener in soft drinks is high-fructose corn syrup. When high-fructose corn syrup is added to a 12-ounce soda, it has the calorie equivalent of how many teaspoons of sugar?

- a. 2
- b. 5
- c. 7
- d. 10

ANSWER: d. 10

1. To most people, soda tastes good. It is bubbly, sweet and often "hits the spot". It is often the preferred drink at meals and with snacks. **Soda is a prime example of an "empty calorie food".** (See HIP Question #9.) It supplies us with lots of energy, but little other nutrition.
2. **In the past 50 years, soft drink consumption per child in the U.S. has increased almost 500%!** Some studies have shown that up to 85% of children in school consume at least one soft drink a day and 20% of teen-age boys have 4 or more servings a day! When your parents and grandparents were growing up, they probably rarely even had soda in the home. They probably drank milk with meals and only drank sodas on special occasions. Following are some of the trends in soft-drink consumption:

Since the 1950's serving sizes have gone from: 6.5 ounces to 20 ounces.



3. The health risks associated with drinking too much soda are as follows:
  - a. **A 20 ounce soft drink, is equal to consuming 16.7 teaspoons of sugar** - Researchers have found that children who include soft drinks in their diet are more likely to be overweight.
  - b. Soft drinks consumption **increases the risk of dental cavities.**
  - c. **Soft drinks should never take the place of milk.** Milk is loaded with nutrients, including protein, calcium, phosphorus, some B vitamins, vitamin A and vitamin D. When we are young, it is important to build strong bones by including calcium in our diet. Children who drink less milk (and therefore calcium) may suffer from osteoporosis (weak bones) later on in life.