Read the article.

Time to Cut Back

Not a Sweet Deal

Is your favorite thirst quencher a can of soda? Join the club. Most Americans drink about 45 gallons of sugary beverages a year, which is enough to fill a bathtub! Besides regular soda, these include juices with added sugar, sports drinks, and energy drinks. Enhanced waters, sweetened teas, and sugary coffee drinks are also popular.

Everyone knows sugar is high in calories and can cause weight gain. Too much sugar can contribute to obesity, high blood pressure, and high cholesterol. But recent studies show that too much sugar can also cause heart disease. It can also lead to other health problems like diabetes and tooth decay. That's not very sweet news!

It All Adds Up!

Experts on heart disease want us to eat a lot less sugar. The American Heart Association recommends, for example, that most men consume no more than nine teaspoons of added sugar a day. The truth is most people consume about 22 teaspoons of added sugar a day!

It adds up fast. A 12-ounce can of regular soda contains almost 9 teaspoons of sugar. An alternative is diet soda and other drinks with artificial sweeteners. They contain zero calories, but they also contain zero nutrients. So only drink them sometimes. Thirsty? Reach for water first. Fat-free, 1%, and low-fat milk are also healthy choices. And remember: a sugary drink may taste like a sweet choice, but it's not the smartest one. Take care of your body by limiting your intake of sugary beverages.

Write the answers.

1. Most Americans drink about _____ gallons of sugary beverages a year.
2. Recent studies show that too much sugar can cause _____.
3. What other health problems are related to too much sugar?_____

_____

4. True or False: Drinks high in added sugar are usually also high in nutrients. _____
5. Why aren't diet drinks the best alternative to sugary drinks? _____

_____

American Heart Association®

life is why™

(RI.5.1)
Answer Key

"Time to Cut Back"

1. 45
2. heart disease
3. obesity, high blood pressure, high cholesterol, diabetes, tooth decay
4. False
5. They contain zero nutrients.

American Heart Association®
life is why™