

Expert Recommendations

To provide you with the best science and reduce review time, use the following science-approved facts in your campaigns and materials. After each fact, you will find fast facts based on the science, which can be cut and pasted word-for-word without additional science review. Note that any change in wording will require your documents go through the science review process before release.

What is a sugary drink?

The American Heart Association defines sugary drinks as any nonalcoholic beverage, whether carbonated or noncarbonated, sold for human consumption that contains any added sugars.

This includes sports drinks, lemonade, energy drinks, sweetened coffee and teas, fruit drinks with added sugar and full-calorie soda. Animal milk, 100% juice, unsweetened waters, teas and coffees, diet drinks, plant-based milk with fewer than 5 grams of added sugars per 8 ounces, infant formula and medically necessary beverages are not considered sugary drinks.

FACT 1

The American Heart Association recommends that children ages 2 to 18 years old should have no more than 6 teaspoons of added sugars per day from foods and beverages and no more than one 8-ounce serving of sugary drinks per week. Yet children today are consuming as much as seven servings of sugary drinks per week, seven times the recommended amount.

Fast Facts:

- ▶ The American Heart Association recommends that children consume no more than 6 teaspoons, or 24 grams, of added sugars per day from foods and beverages and no more than one 8-ounce serving of sugary drinks per week. Yet kids today are consuming as much as seven servings of sugary drinks per week, seven times the maximum recommended amount.
- ▶ The American Heart Association recommends that children between 2 and 18 consume no more than 6 teaspoons, or 24 grams, of added sugars per day from all sources. Yet children today take in about seven times that amount.
- ▶ On average, kids consume seven times the maximum recommended amount of daily sugar intake, much of which comes from sugary drinks.
- ▶ While the American Heart Association recommends that children between 2 and 18 consume no more than one sugary drink per week, kids are drinking seven times that amount, on average.
- ▶ On average, kids as young as 2 are consuming sugary drinks daily. That's seven times the recommended maximum number of sugary drinks each week.

Source:

Vos MB, Kaar JL, Welsh JA, Van Horn LV, Feig DI, Anderson CAM, et al. Added sugars and cardiovascular disease risk in children: a scientific statement from the American Heart Association. *Circulation*. 2017; 135:e1017-e1034. doi: 10.1161/CIR.0000000000000439.

Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW, et al. heart disease and stroke statistics 2021 update: a report from the American Heart Association. *Circulation*. 2021. Jan 27. doi: 10.1161/CIR.0000000000000950.

FACT 2

The American Heart Association recommends that adult women consume no more than 100 calories per day from added sugars from foods and beverages and adult men consume no more than 150 calories per day from added sugars. The Association also recommends that adults consume no more than 36 ounces of sugary beverages each week.

Fast Facts:

- ▶ The American Heart Association recommends that women consume no more than 100 calories per day from added sugars and men consume no more than 150 calories per day from added sugars. The Association also recommends that adults consume no more than 36 ounces of sugary beverages each week.
- ▶ The American Heart Association recommends that women consume no more than 100 calories per day from added sugars.
- ▶ The American Heart Association recommends that men consume no more than 150 calories per day from added sugars.
- ▶ The American Heart Association recommends that adults consume no more than 36 ounces of sugary beverages each week.

Source:

Johnson RK, Appel LJ, Brands M, Howard BV, Lefevre M, Lustig RH, et al. Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. *Circulation*. 2009; 120:1011-20. doi: 10.1161/CIRCULATIONAHA.109.192627.

Lloyd-Jones DM, Hong Y, Labarthe D, Mozaffarian D, Appel LJ, Van Horn L, et al. Defining and setting national goals for cardiovascular health promotion and disease reduction: the American Heart Association's strategic Impact Goal through 2020 and beyond. *Circulation*. 2010; 121:586-612. doi: 10.1161/CIRCULATIONAHA.109.192703.

FACT 3

The 2020–25 Dietary Guidelines for Americans recommends that people aged 2 and older consume less than 10% of their total calories per day from added sugars. Children younger than age 2 should avoid foods and beverages with added sugars. However, U.S. children and adolescents report consuming 17% of their calories from added sugars, nearly half of which are from sugary drinks.

Fast Facts:

- ▶ Children 2 and older should consume less than 10% of their total calories per day from added sugars and those under 2 should avoid added sugars altogether.
- ▶ While children 2 and older should consume less than 10% of their total calories per day from added sugars and those under 2 should avoid added sugars altogether, U.S. children and adolescents report consuming 17% of their calories from added sugars, nearly half of which are from sugary drinks.
- ▶ U.S. children and adolescents report consuming 17% of their calories from added sugars, nearly half of which are from sugary drinks.

Source:

U.S. Department of Agriculture and U.S. Department of Health and Human Services. 2020–2025 Dietary Guidelines for Americans. 9th edition. December 2020. Available at: <https://www.dietaryguidelines.gov/>.

Powell ES, Smith-Tallie LP, Popkin BM. Added sugars intake across the distribution of U.S. children and adult consumers: 1977–2012. *J Acad Nutr Diet*. 2016; 116:1543–1550. doi: 10.1016/j.jand.2016.06.003.

FACT 4

The American Heart Association cautions against prolonged consumption of low-calorie sweetened drinks (i.e., diet drinks, which get their sweetness from low- or no-calorie sweeteners) for children between 2 and 18 years of age. Adults may choose to consume low-calorie sweetened drinks to help them transition from sugary drinks to water.

Fast Facts:

- ▶ The American Heart Association recommends that children between 2 and 18 avoid prolonged consumption of artificially sweetened or diet drinks.
- ▶ While adults may choose to consume artificially sweetened or diet drinks to help them transition from sugary drinks to water, the American Heart Association recommends that those 18 and under avoid them altogether.

Source:

Johnson RK, Lichtenstein AH, Anderson CAM, Carson JA, Després JP, Hu FB, et al. Low-calorie sweetened beverages and cardiometabolic health: a scientific advisory from the American Heart Association. *Circulation*. 2018; 138:e126-e140. doi: 10.1161/CIR.0000000000000569.

FACT 5

Experts at the American Heart Association, the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry and the American Academy of Pediatrics recommend that young children 0 to 5 years old only consume age-appropriate drinks, mainly breast milk or formula, water and plain milk. Specifically, children 2-3 years old should consume only plain, pasteurized low-fat or fat-free milk and water; on occasion, no more than 4 ounces of 100% fruit juice with no added sugars per day. Children 4-5 years old should consume only plain, pasteurized low-fat or fat-free milk and water; on occasion, no more than 6 ounces of 100% fruit juice with no added sugars per day.

Fast Facts:

- ▶ Experts at the American Heart Association, the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry and the American Academy of Pediatrics recommend that children 5 and younger only consume age-appropriate drinks, mainly breast milk or formula, water and plain milk.
- ▶ Experts at the American Heart Association, the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry and the American Academy of Pediatrics recommend that:
 - Children 5 and younger only drink breast milk, formula, plain animal or plant-based milk or water.
 - Children 2-3 years old only drink plain, pasteurized low-fat or fat-free milk and water, and occasionally drink 4 ounces or less of 100% fruit juice.
 - Children 4-5 years old only drink plain, pasteurized low-fat or fat-free milk and water, and occasionally drink no more than 6 ounces of 100% fruit juice with no added sugars.

Source:

Lott M, Callahan E, Welker Duffy E, Story M, Daniels S. Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations. Technical Scientific Report. Durham, NC: Healthy Eating Research, 2019. Available at: <https://healthydrinkshealthykids.org/app/uploads/2019/09/HER-HealthyBeverageTechnicalReport.pdf>.