Limiting sugary drinks is a key way to promote healthy eating and prevent excess weight gain in kids.\(^1\) Research shows that sugary drinks contribute to childhood obesity.\(^2\)

**Sugary drinks provide a lot of calories very quickly.** This is a problem because it's easy to drink more than your body needs before your body has a chance to signal that it is full. Also, sugary drinks are usually additions to your regular diet, adding calories that your body does not need.\(^3\)

A 12-ounce serving of soda has the equivalent of 10 teaspoons of sugar.\(^3\) One serving of soda per day could lead to a 15 pound weight gain in one year.\(^4\) Each additional daily serving of soda increases a child's risk of obesity by 60%.\(^5\)

**Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.** Drinking water is linked to a number of health benefits. It can improve kids' readiness to learn and is the best first choice for hydration before, during, and after most exercise routines.\(^6,7\)

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References