

## Sugary drinks, also known as sugar-sweetened beverages, or SSBs, are any beverages containing added sugars, including

- Soda and soft drinks
- Sports drinks and energy drinks
- Fruit drinks and fruit-flavored drinks (fruit punch, juice drinks, lemonade)
- Sweetened flavored waters
- Sweetened coffee or tea beverages



With over 60 names for added sugars, added sugar intake is easily “hidden” from everyone who is not a food chemist.

**Added sugars include:** raw sugar, cane sugar, brown sugar, corn sweetener, corn syrup, cane syrup, honey, malt syrup, molasses, fruit juice concentrates, date sugar, date syrup, high-fructose corn syrup, sorghum syrup, agave, rice syrup, maltodextrin, maple syrup, turbinado sugar, palm sugar, dextrose, sucrose/saccharose, fructose, glucose, lactose, maltose.

On average, Americans consume almost 17 teaspoons of sugar per day,<sup>1</sup> mainly from sugary drinks.<sup>2</sup> Reduce your added sugars by cutting out sugary drinks.

## The American Heart Association recommends limiting added sugars to 9 teaspoons per day for men, 6 teaspoons per day for women.<sup>3</sup>

*The University of California Research Consortium on Beverages and Health includes faculty from every UC campus working to provide California legislators and communities with the science base for policy to decrease consumption of sugary drinks and increase consumption of water and other healthy beverages.*

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**References:** <sup>1</sup> Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee*. At [https://www.dietaryguidelines.gov/sites/default/files/2020-07/ScientificReport\\_of\\_the\\_2020DietaryGuidelinesAdvisoryCommittee\\_first-print.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-07/ScientificReport_of_the_2020DietaryGuidelinesAdvisoryCommittee_first-print.pdf). <sup>2</sup> U.S. Department of Agriculture and U.S. Department of Health and Human Services. 2020. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. At [DietaryGuidelines.gov](https://www.dietaryguidelines.gov). <sup>3</sup> Johnson RK et al. 2009. Dietary Sugars Intake and Cardiovascular Health. A Scientific Statement from the American Heart Association. *Circ* 120(11):1011-20. **Graphics:** Kasmira Lada, by permission of the artist.