What are Sugary Drinks?
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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
- Sweetened flavored waters
- Sweetened coffee or tea beverages
- Fruit drinks and fruit-flavored drinks (fruit punch, juice drinks, lemonade)

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, mainly from sugary drinks. 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.

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.

University of California Research Consortium on Beverages and Health • Bringing Science to Policy

- Find our entire factsheet series at https://npi.ucanr.edu/Resources/UCRCBH/
- For more information contact: cahecht@ucanr.edu

**References:**

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