

# 7 Reasons to Skip Sugary Drinks

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Here are seven characteristics of sugary drinks that can make them harmful to health.

**1**

Many sugary drinks contain more sugar than the total daily recommended limit.<sup>1</sup>

**2**

The added sugars commonly used in sugary drinks include high fructose corn syrup, which can be harmful to health because of the different way it is processed by the body.\*<sup>2</sup>

**4**

The acids in sugary drinks can cause tooth erosion and the sugars can cause tooth decay.<sup>4</sup>

**6**

Sugary drinks are “empty calories” because they provide little or no nutrition.<sup>6</sup>

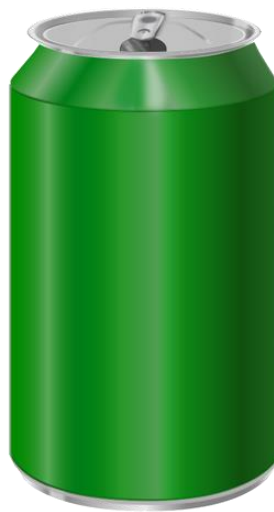


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**3**

Sweet foods, such as cake, cookies and candies, also contain added sugars, but the “liquid” sugars in sugary drinks may be more harmful because they are absorbed by the body more quickly.<sup>3</sup>

**5**

Sugary drinks often contain artificial flavors, artificial coloring and other ingredients that are not adequately tested for safety.<sup>5</sup>

**7**

Many colas and energy drinks contain caffeine. Too much caffeine can cause health problems.<sup>7</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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\*In contrast to the fructose in sugary drinks, the fructose in fruits is accompanied by many other essential nutrients and is bound by protective fiber that slows its absorption.<sup>2</sup>

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