

## Soundbite Transcript – Adults-Kids Still Consume Too Many Sugary Drinks

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**“That’s a tremendous amount of sugar. We do drink a lot of sugar beverages. Milk and 100% juice do have some nutrients but most of the other sugared beverages we drink don’t have any nutrients; they don’t really benefit our diet. They just add calories.” (:24)**

Most people just don’t know how much sugar they’re consuming in beverages

**“You’re looking at something that’s well over 500 calories so that is definitely like adding an extra meal and you don’t feel like you’ve had any food and you didn’t get any nutrition from that so you’re going to eat something to add some nutrition for your body.” (:18)**

Eliminating even one, large sugary drink daily can really help someone lose weight

**“If I’m a person who gives up sugared pop and I give up one, 20 ounce bottle of that a day, even if I don’t eat any differently, I don’t improve eating habits at all; add more vegetables to my diet, i don’t get any more exercise, I would lose 30.7 pounds in a year ... just from giving up one, 20 ounce Pepsi. That, I think, has an impact for people.” (:24)**

Vending Machines with Traffic Light-Style indicators can help people make better choices

**“Your regular water or flavored waters, like Propel or Vitamin Water that doesn’t have sugar added, they’re gonna be a green light. Those that are gonna be in the middle, some of the diet soft drinks are listed as a yellow light so it kind of gives you that visual reminder if you go to the vending machine that ‘hmmm, this is not really a healthy choice for me.’” (:26)**

Most people don’t read labels on beverages and people can be shocked once they start getting in the habit. Seeing the added sugar levels helps most people realize water should be their beverage of choice.

**“We have a lot of options with water. We can get some unflavored sweeteners. You know water is always our best choice for a beverage and most of us are not getting the amount of water we need in a day to stay hydrated and to stay healthy.” (:14)**

**Bonus Video Clip \*\*\* More on this coming to the Newsroom soon!**

Alcoholic beverage consumption has increased in the U.S. since 2000, and most states exceed Healthy People 2020 objectives for per capita alcohol consumption. The recommended changes for the dietary guidelines say adult men and women should be less than one drink per day.

**“It used to be said that a moderate level of drinking was two drinks a day for a man, one drink a day for a woman. Now they’ve said one and one and if you aren’t a drinker, don’t even start. The recommendations say there are a lot of health risks associated with that but even the sugar intake is a significant problem. When they’re talking about a drink, that’s a 10 ounce beer or a small glass of wine or shot-size glass of other alcohol and many people are drinking more than that. We know that over the last 10 or 20 years the amount of alcohol consumed in our country has increased and binge drinking across all age groups has increased. So, it’s not just those college-age students out binge drinking, its adults and I think you see that with the shelter-in-place and the isolation, people are drinking more – not socially – but just on their own and then binge drinking becomes more and more of a problem. (:61)**