

Nutrition News

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Should You Rethink Your Drink?!

Fast Facts

- *SSBs are any beverage with added, unnatural sugars that contribute “empty calories” to the diet*
- *They should be limited and replaced with water, unsweet tea or low-fat milk*

Sugar Sweetened Beverages or SSBs are the largest source of added sugar in the typical American diet. A SSB is a beverage that contains added, unnatural sugars. Some common examples of SSBs include, regular soda, sweet tea, sports drinks, energy drinks, flavored/sweetened coffees, and juices that are not 100% fruit juice. It is estimated that greater than half the American population consumes a SSB on any given day.

Why should you care about SSB consumption?

Research has linked SSB consumption to an increased risk for obesity, weight gain, type 2 diabetes, metabolic syndrome and cardiovascular diseases.

SSBs are “empty calories” meaning very little nutrients are provided for the calories consumed.

How will you know if a beverage is a SSB?

Some common names for added sugars that can be found on the nutrition facts label under the ingredient lists for various SSB include: brown sugar, corn sweetener, corn syrup, dextrose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert Sugar, maltose, malt syrup, molasses, raw sugar, sucrose, sugar, syrup, etc.

Remember that 100% fruit juices are not a SSB but should be limited and fresh fruits consumed in its place.

Instead of reaching for a soda next time you're thirsty...**RETHINK YOUR DRINK.** Try ice water infused with various fresh fruits, low-fat or fat-free milk, or unsweetened iced teas.



You Drink It But Would You Eat It?

- A medium size latte with whole milk and flavor syrup = 55g sugar or 5.5 donuts
- 20oz bottle of coca cola = 65g sugar or 5 Little Debbie Swiss Rolls
- A large can of Arizona green tea = 51 g sugar or 20 Hershey kisses

Rethink Your Drink!



Information obtained from the Centers for Disease Control and Prevention