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# Kids' sugary drinks habits start early

Despite all health messages to limit sodas and other sugary beverages, most children in America drink them, and most of the time it’s regularly (Doheny,2017). Some of the sugary drinks are: sports drinks, juices, sweetened coffee, tea, energy drinks, horchata & sugar cane drinks,etc(Doheny,2017). Some of the newly made government statistics show that nearly two-thirds of boys and girls ages 2-to-19 drink at least one sugary drink each day, and most of them it’s more than just one(Doheny,2017). According to the United States CDC (centers for disease control) the national survey of dietary habits from 2011, and 2014 found that sweetened beverages accounted for more than 7% of total calorie intake for children. Also, in the survey they found that Asians drank fewer sugary drinks than any other ethnic group. Some diseases associated with high sugar intake are: type 2 diabetes, dyslipidemia, and weight gain (Doheny, 2017).

The bad thing about this article is that it’s completely true. There are so so so many kids these days is all the do is drink sugary drinks, nothing healthy for you like water or milk. When I was growing up I was never allowed anything besides water and milk. But now that I am older I too tend to stick with more of the sugary drinks like lemonade and sports drinks, and the occasional pop, but still I always drink water during the day. Also, Diabetes, and other disease run in my family so by drinking these drinks I would be putting myself in even worse danger because I’m already prone to getting the disease. The moral is to take care of your body, and stop drinking so much sugar and help your body by putting better things into it.

Citation: Doheny, K. (2017, January 26). Kids' sugary drinks habits start early. Retrieved January 30, 2017, from http://www.cbsnews.com/news/kids-sugary-drinks-habit-starts-early/