

Read the article.

Too Sweet?

Not a Sweet Deal

Is soda your favorite drink? Join the club. Americans love sugary drinks, but these drinks are not healthy for our bodies. In one year, most people drink enough to fill a bathtub! That's about 45 gallons! Fruit drinks, sports drinks, and energy drinks are also popular. So why is all this sweet stuff we drink bad for our bodies?

Know the Facts

Sugar contributes zero nutrients to your body. What it does deliver is extra calories. These extra calories can lead to extra pounds, which can make your heart less healthy. Too much sugar can cause other health problems. These problems include heart disease, diabetes, and tooth decay.

Most people consume more sugar than they think they do. The American Heart Association recommends that most men have no more than nine teaspoons of added sugar a day. Diet sodas have no added sugar. But they also don't have the important nutrients your body needs. Don't drink too many of them.

What should you drink instead? Reach for water first. Fat-free, 1%, and low-fat milk are also good choices. So is 100% fruit juice. Drink smart and limit sugary beverages.



Write the answers.

1. Most Americans drink about _____ gallons of sugary beverages a year.

2. True or False: Sugar contributes nutrients to your body. _____

3. What health problems can too much sugar cause? _____

4. Most men should eat no more than _____ teaspoons of added sugar a day.

5. Name two healthy drinks. _____

(RI.3.1)
Answer Key

“Too Sweet?”

1. 45
2. False
3. extra pounds, heart disease, diabetes, and tooth decay
4. 9
5. water; fat-free, 1%, or low-fat milk; 100% fruit juice

