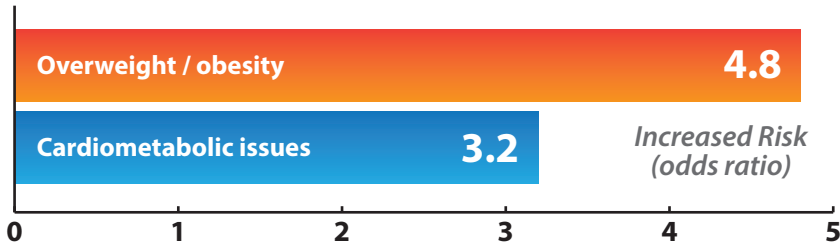


# High Intake of Sugary Drinks: Bad News for Kids

High intake of sugar-sweetened beverages by girls 14-17 years of age can have major health consequences, suggests a recent study:



*\*Compared to low intake: 1.00 (reference value). Thus, an odds ratio of 3.2 = a 220% increased risk of being overweight / obese.*

SOURCE: Ambrosini GL, et al. Prospective associations between sugar-sweetened beverage intakes and cardiometabolic risk factors in adolescents. *Amer J Clin Nutr*, 2013; epub May 29, 2013 ahead of print.