

Sugar Sweetened Beverages Pose Several Health hazards

Sugary drinks, or sugar sweetened beverages (SSB) include all non-alcoholic water based beverages with added sugar such as soft drinks, energy drinks, fruit drinks, sports drinks and cordials.



In which ways do SSBs lead to weight gain?

- SSBs are reported to lead to as much as 5-7 kg weight gain /year if consumed freely and often; and about account for 20% increased risk of type 2 diabetes according to one study.
- If you do not burn the sugar, the excess is likely to deposit as fat in the body. For extra 400 calories from sugar, you have to walk 1 ½ hour or play basket ball for 1 hour, or biking and jogging for ¾ hours. Not easy, isn't it. Better to control sugar intake, right!
- Carbonated drinks / colas: most colas are acidic and harmful. A carbonated drink contains 35g of sugar per 330ml can. 35g of sugar is equivalent to 7 tsp or 11 cubes of sugar
- Sports drinks are meant for athletes. Sports beverages are designed to give athletes carbs, electrolytes, and fluid during high-intensity workouts that last an hour or more. For all others it just adds sugar. Keep away from them.
- Pure juices, fruit squashes and drinks containing added sugars, like lassi. Pure juices are rich in fructose which can also be cariogenic (cause tooth decay).Fruits are better option and are good for dental health



CALORIE AND SUGAR CONTENT OF WHAT YOU DRINK (size: 250 ml)

DRINK	CALORIES	SUGAR
Water	0	0 g
Low-fat milk	100	11 g
100% orange juice	110	22 g
Juice drink (10% fruit juice)	150	38 g
Powdered drink mix (with sugar added)	90	24 g
Soda	100	27 g