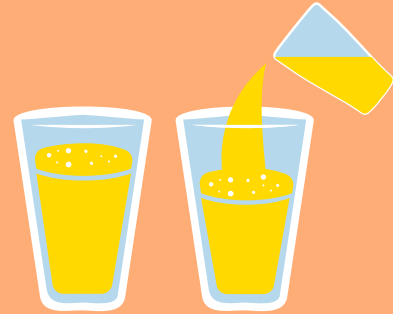


SUGARY DRINKS are the #1 source of added sugar in diets



Americans drink an average of 46 gallons of sugary drinks each year¹



The average kid drinks 1–2 sugary beverages a day²



Sugary drinks are the top source of calories in teens' diets³

↑ 26%

Just one sugary drink a day increases the risk of type 2 diabetes by 26%⁴



2 out of 3 adults and 1 out of 3 kids in the U.S. are overweight or obese⁵



Sugary drinks are also associated with tooth decay and weakening bones⁶

Sources: ¹ preventobesityil.org; ² YumPower; ³ YumPower; ⁴ preventobesityil.org; ⁵ Harvard School of Public Health; ⁶ obesityaction.org

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BETTER CHOICES. BETTER YOU.

At Children's Hospitals and Clinics of Minnesota, we are committed to providing a healthy environment for all those who visit and work in our facilities. That's why we're eliminating beverages that are pre-sweetened with added sugars or other caloric sweeteners **as of May 2, 2016**. We welcome you to try some of our new and expanded better-for-you beverage options as we make this positive change.

Why is Children's Minnesota eliminating sugar-sweetened beverages?

Sugar-sweetened beverages (SSBs) are the top source of sugar in U.S. diets today. While there are many factors that can contribute to obesity and other chronic health conditions, research suggests that the consumption of SSBs is one of them. As a health care organization and a pediatric system that lives by our value to put "Kids first," Children's Minnesota has a responsibility to model healthier behavior for all who visit and work in our facilities.

What is considered a sugar-sweetened beverage?

A sugar-sweetened beverage is one that has been pre-sweetened with added sugars or other caloric sweeteners, including:

- Soft drinks (pop or soda)
- Fruit drinks
- Sports drinks
- Sweetened tea and coffee drinks
- Energy drinks
- Any other beverages to which sugar has been added

What beverages will be available at Children's Minnesota?

We will continue to offer the following options, as well as expand our selection of better-for-you beverages, including:

- 100% fruit juices
- Diet beverages
- Milk and milk alternatives
- Water
- Unsweetened teas and coffees

What if I want a sugar-sweetened beverage while I am at Children's Minnesota?

We will be making changes to what we offer in our hospitals, clinics and administrative offices and on our inpatient menus.

- SSBs will be removed from patient menus/room service menus, however, **hospital inpatients and those in select outpatient areas will still have access to sugar-sweetened beverages if a parent approves or their care team recommends it.**
- SSBs will be removed from our cafeterias, professional staff lounges, gift shops, coffee shops, vending machines and catering menus. A larger selection of better-for-you beverages will be introduced.
- Personal choice is valued, and individuals may bring in beverages from home.

What about sugar packets? Can I add my own sugar to my coffee?

Yes, sugar packets and other typical coffee/tea add-ins will continue to be available. When you add your own sugar to beverages, you can see how much sugar you are adding.

Where can I find more information?

Please visit our website at childrensMN.org for facts about sugar content, better-for-you beverage ideas and more!

If you have any additional questions, please email us at BeWellCoordinator@childrensMN.org.