

Children's Health Minute

Air Dates: Week of July 24, 2006

"Does Your Child Drink Too Much Soda"

Spot # HHSC-JL04

Dr. Hellerstedt: Ask kids what they like to drink most, and chances are they'll name a soda or soft drink.

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute, connecting families with CHIP and Children's Medicaid.

The trend is clear: Americans are drinking more sugar-sweetened soft drinks than ever. And, of course, that includes kids, too. Health experts say too many sugar-sweetened drinks - coupled with less physical activity - is one reason our kids are increasingly overweight.

The calories add up. Each can of sugar-sweetened soda contains one hundred and fifty calories and eight to ten teaspoons of sugar. To make matters worse, when kids replace milk with soda, they miss out on many essential nutrients they need for growth. So limit the sugar-sweetened soda pop: it's the healthy thing to do.

Announcer: Keep your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your CHIP or Children's Medicaid. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.