

Law Day Essay Contest:

Regulation of Sugary Beverages, the Plan for America

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Due to overwhelming amounts of evidence, statistics and reasoning, I am recommending that the government should pass a law regulating sugary beverages. Evidence will be shared first that a law regulating sugar is necessary, because the people want there to be regulation, and due to serious health risks. Once the necessity of regulation is proven, the proposed law will be presented.

The goal of our government is to represent the people. According to a recent poll by the New England Journal of Medicine, 86% of the world and 58% of Americans believe that sugary drinks should be regulated. Our people clearly want there to be regulation, so it is our duty to make their voice heard.

Sugar has been proven to be a dangerous drug and should be regulated just like alcohol and tobacco, according to the head of Amsterdam's health services. In fact, it is our obligation to pass regulation to help save 25,000 American lives Harvard says are lost to sugary beverages every year. According to the New Hampshire Department of Human Services, drinks are the biggest source of sugar for Americans. This reputable source also says the maximum healthy amount of sugar is 13 teaspoons a day and the current national average is 40 teaspoons daily. Something needs to be done to protect Americans from the danger of over-consumption of this drug. According to Livestrong, too much sugar can lead to heart disease, diabetes, and obesity. Due to health risks, and public opinion, a law regulating sugar is necessary.

My proposed law will regulate the use of sugar at the corporate level, and raise awareness at the public level, to prevent violating the peoples' rights. It has five main contentions to accomplish these goals.

The first contention is to expand the definition of sugars to include artificial sweeteners. This will prevent the abuse of artificial sweeteners which have their own safety concerns, and can be highly addictive.

The second contention gives the FDA the right to fail a beverage's safety check due to unsafe levels of sugar. The FDA's responsibility is to ensure the safety of food products. Further broadening and clarifying of their powers in this area would be beneficial for keeping our people safe.

Thirdly, schools should be required to limit the amount of sugar in drinks available in cafeterias. A responsibility of the government is to oversee the education of its students. Sugar is known to cause hyperactivity and crashes, leaving students exhausted and unable to learn effectively.

The fourth contention regulates the amount of sugar per serving in a beverage at a ratio determined by a panel of experts. The contention also asks for companies to include the amount of all sweeteners and a warning on nutrition labels to help raise awareness.

The final contention authorizes an additional tax imposed on beverages with sugar and artificial sweeteners to limit creation and consumption of these products. Tax revenue will fund a committee responsible for delivering activities and speeches and raise general awareness to help educate our youth and general public on the dangers of sugars.

This is the plan for America because it addresses all the issues caused by sugary beverages. It is imperative that a law is passed regulating sugary beverages, due to public support and to inherent health risks. This law will bring momentous change to the health and awareness of Americans, without a major reduction of the people's rights on which this country stands on. It is the duty of a government for the people to make the right choice for the health of our citizens and make America's voice heard.