

Should Government Regulate Sugary Drinks

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The Government should not regulate sugary drinks but they should tax them. The government cannot regulate sugar drinks under the ninth amendment because it violates the freedom to eat or drink a product that (in moderation) does not (normally) harm people by consumption. They may not be able to stop people from drinking these sugary drinks but they can discourage people from drinking them by taxing them. This can help people's health without regulation and help decrease debt in America.

Over consumption of sugary drinks can be very harmful to people of any age. These drinks do not just make people unhealthy, they can lead to deadly illnesses, "Friedman said soft drink consumption has been linked to obesity, type two diabetes, cardiovascular disease, dental disease and gout," (McClatchy Washington Bureau, September 13, 2013). Some of these may not seem extreme but they can effect more than a person's fitness or cause just minor health impairments, "Overweight people are at risk of developing type two diabetes and other diseases, diabetes alone claims 70,000 lives a year in Mexico," (McClatchy Washington Bureau, September 13, 2013). So even though in moderation, sugary drinks may not danger your health or your life, but drinking too many can lead to major health problems that America needs to help stop.

America needs to help balance Americans health with their rights, taxing sugary drinks can resolve this problem. Taxing sugary drinks such as soda or soft drinks will lower consumption of these drinks because people will not pay more, but they will cut back on consumption. If people do not consume as man sugary drinks, health problems will be much less prevalent in America, "One public health expert said studies show that a tax on sugar-sweetened beverages in the United States would reduce consumption... 'A ten percent increase in the price

should result in a 10-12 percent decrease in consumption,' said Roberta R.

Friedman,"(McClatchy Washington Bureau, September 13, 2013). Taxing sugary beverages would help solve health problems and still let Americans enjoy the drinks in moderation while protecting their rights.

Taxing sugary drinks will also bring in more profit to America decreasing the Government's debt. So not only will American health be better as well as their rights protected, but the Government also benefits. There is virtually no negative result of taxing these drinks to better the country. It may cost more to people but it will encourage them to buy less, saving them money as well, putting money into family's pockets. There are many positive outcomes to this compromise, and the government does not have regulate sugary drinks to make America healthy and happy, balancing the rights of Americans with their health and common health problems in the most efficient way possible.