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## Should Government Regulate Sugary Drinks? Why or Why Not?

The American Heart Association recommends that women consume no more than six teaspoons and men no more than nine teaspoons of added sugar a day. I agree that the government should regulate sugary drinks, because it leads to many health problems, including obesity, and scientific consensus argues that the level of added sugars in drinks is unsafe. The Center for Science in the Public Interest says that in 1982 and 1988, the F.D.A pledged to reassess the safety of sweeteners if the consumption increased or if scientific research indicated that high fructose corn syrup and sucrose are public health problems. The center's executive director, Michael F. Jacobson, says that both conditions have been met so the F.D.A is obligated to act.

A twenty ounce bottle of soda contains about 16 teaspoons of sugar. People are drinking two to three times the amount of sugary drinks. Over the last fifty years, Americans have drastically increased their intake of sugary drinks. Drinking a twelve ounce can of soda daily for a year is equal to 55,000 calories and gaining fifteen pounds a year. Sugar is the biggest source of empty calories. Your body cannot recognize the drink calories you intake so you eat more. This leads to many health problems, and was even linked to health problems as extreme as death.

Sugary drinks contribute to obesity, including in children. About two-thirds of American adults are obese and another one-third school children. The nation spends over 190 billion dollars treating obesity and other related health problems. Many Americans are overconsuming the sugary products which is a major safety and health issue. Obesity contributes to problems such as high blood pressure, diabetes, gout, heart disease, and various types of cancer. These health problems are all increasing amongst our population.

Eliminating sugary drinks would clearly make a huge difference in the safety and health of our nation. Scientific consensus not only argues that the level of added sugars in these drinks is unsafe, but sugary drinks have only proven themselves unsafe through the many health problems they can cause, including death. Sugary drinks have made a major increase to the obesity epidemic in America. If everyone decided to switch out the sugary drinks for water, which has zero calories, our nation would be a lot healthier. I agree it is essential that the F.D.A acts and regulates sugary drinks.