

## Mayo Clinic Minute

### The downsides of sugary drinks

VIDEO	AUDIO
DONALD HENSRUD, M.D.	“If people want to look at how much sugar is in soda, they should take a teaspoon ...”
	<i>Sound of teaspoon being taken out of drawer</i>
DONALD HENSRUD, M.D.	“In one 20-ounce soda, there are 17 teaspoons of sugar.”
	<i>Sound of a teaspoon being pushed into sugar</i>
	“Pretty soon, you’ve got a big pile of sugar.”
Title: DONALD HENSRUD, M.D. MEDICAL DIRECTOR Mayo Clinic Healthy Living Center	“Nobody would eat that much sugar, but they are, in liquid form, when they consume soda.”
	And research from the National Center for Health Statistics says almost two-thirds of boys and girls consume at least one sugar-sweetened beverage on a given day.
	<i>Sound of a pop can opening</i>
	And the drinks come with downsides. Mayo Clinic’s Dr. Donald Hensrud says sugar contributes empty calories that provide almost no nutrients.
DONALD HENSRUD	“It can cause cavities. Also, it causes a little bit of inflammation in the body. That’s a little bit more subtle.”
	And Dr. Hensrud says these beverages also keep kids from reaching for other drinks that do offer nutritional value.
	Dr. Hensrud recommends setting limits on sugary drinks and considering alternatives like milk or carbonated water with a non-calorie flavoring. And ...

DONALD HENSRUD	"... good old water is the best if people can get used to it."
Graphic: <a href="http://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a>	For the Mayo Clinic News Network, I'm Jeff Olsen.