Kimberley

Sugar and Caffeine

The last time my family went to a party, my parents wouldn't let me have any caffiene or sugar because too much caffeine or sugar is really bad for you.

You see, sugar and caffeine can shorten your lifespan. In the text it says "Researchers from University of California in San Francisco found that those who drink just 20 fl. oz. of sugary soda a day may take as much as 4 years off of their lifespan." That quote wasn't "too much sugar in beverages."

If I was you I would not let my child or children have alot of caffeine or sugar because in the text, "Should sugary drinks be taxed?" the author says, "High intakes of sugar can lead to obesity, heart disease, type 2 diabetes and other health problems such as tooth decay."

Ethan A.
5/29/15
on-Demand writing

How Much sugar is in soft drinks?

Fammilies around the country may have a lot more sugary drinks then there supposed too. They could have big glasses full of a high caffine and sugary drinks.

Dr. Rachel Johnson says, "This is the first generation of children who wont live as long as their parents." -From, Should sugary drinks be taxed, No wonder soft drinks play a big role in obesity, everyon drinks High sugared sodas.

I think people can still drink soft Drinks just not like 3 cans of coke in one day. In my research sheet it said, "no more than 6 teaspoons or 24 grams (women) or 9 teaspoons or 36 grams (men)."

Gabby

No More Sugary Drinks!

Does your household have lots of sodas? If so do you know their effects? Sugar filled drinks are not what you think they are. Keep reading to find out the truth.

Do you drink sunkist orange sodas? sunkist has 70 grams of sugar! Taking in all this sugar, you could get 1 major health problems! All of that sugar could lead to obesity, heart disease, type 2 diabetes, and other health problem such as tooth decay. Dr. Rachel Johnson said that "this is the first generation of children who won't live as long as their parents." In Too Much Sugar in Beverages it says "Too much refined sugar in the diet is linked to many health problems." In sodas they combine caffine and sugar. Those two together changes the brain.

That is why I think you should say no to sugar filled drinks. Next time you go shopping dont get sodas or energy drinks.

Sugary Treats Aren't Always Good to Eat!

By Alexa

1.

How often do your kids chug down on Coca-Cola products? I've been through a year of an academic team, where all I did was learn about sugary drinks and stuff like that. Then I solved the problem (of the sugary drinks).

Enough about me. Lets learn some facts. Did you know researchers from the University of California found that those that drink just 20 fl. oz. of sugary soda a day may take as much as 4 years off of their lifespan. This is the first generation of children who won't live as long as their parents. These facts were provided by "Too Much Sugar in Beverages." You can find more information on http://www.caffeineinformer.com/sugar-in-drinks.

Personally I think that kids should drink water or anything under 15 grams of sugar. Maybe every 2 weeks (14 days) they can have 1 16 fl. oz. of soda. Two common things drank by kids, A&W Root beer and Mellow Yellow (Crush) are both over 60 grams of sugar. Thats about 3 times the amount of sugar an adult should have in 1 day. Remember what I said and make sure your family is healthy.

Effects of Sugar Drinks

By: Jennifer

How you ever thought about how much sugar your child drink everyday? Has most people have boxes of different drinks at home. They drink at least 3-4 bottles/cans a day. Did you ever think about how much sugar is in each bottles/cans of drink your child drinks everyday?

Humans can only take a little amount of processed sugar. If each drink is 16oz and the total grams of sugar in a Tropicana Twister Soda is 70g it would be more than 14 teaspoon of sugar. Think about how many bottles/cans of flavor drink does your child have in aday.

Women and mens should have a certain amount of sugar each day. Especially children at their age of growing. Women should only have at least 24 grams of sugar. Men too can only have 36 grams of sugar. Too much sugar in a child's body can cause obesity, heart disese, Type 2 diabetes, and other health problems.

Children should almost never drink sugary drinks, because of it's processed sugar. Dr. Rachel Johnson said, "This is the first generation of children who won't live as long as their parents." Sugary drinks would cause all kinds of life problems. A recent study at Maguire University showed that sugar and caffine when combined and fed to rats produced lasting change to brain chemistry. "This research shows that sugary drinks should not be drinked.