

Sweet Truth

Know the truth about added sugars in chain restaurants

SUGARY DRINKS contribute to **TYPE 2 DIABETES AND HEART DISEASE**¹—in part by leading to weight gain²—and are linked to a **HIGHER RISK OF DENTAL CAVITIES**.³

Most fast-food chain **"SMALL" COLAS** contain more than the **DAILY VALUE FOR ADDED SUGARS** (50 grams)⁴

FAST FOOD restaurants in New York City are **CONCENTRATED IN BLACK AND LATINO COMMUNITIES**^{5,6}



More than **3 OUT OF 4 NEW YORKERS** support warnings on chain restaurant menu items with **MORE THAN A DAY'S WORTH OF ADDED SUGARS**⁴



Item exceeds the total daily recommended limit for added sugars (50g) based on a 2,000-calorie diet. The U.S. Dietary Guidelines advises limiting added sugars.

Tell the New York City Council to require added sugars warnings on chain restaurant menus



TAKE ACTION HERE

<https://www.cspinet.org/page/sweet-truth> | **#SweetTruth**

¹ Malik, V. S., & Hu, F. B. (2019). Sugar-Sweetened Beverages and Cardiometabolic Health: An Update of the Evidence. *Nutrients*, 11(8), 1840. <https://doi.org/10.3390/nu11081840>

² de Ruyter, J. C., Olthof, M. R., Seidell, J. C., & Katan, M. B. (2012). A trial of sugar-free or sugar-sweetened beverages and body weight in children. *The New England journal of medicine*, 367(15), 1397–1406.

³ Moynihan, P. J., & Kelly, S. A. (2014). Effect on caries of restricting sugars intake: systematic review to inform WHO guidelines. *Journal of dental research*, 93(1), 8–18. <https://doi.org/10.1177/0022034513508954>

⁴ Center for Science in the Public Interest. Sweet Excess: Largest Restaurant Chains Consistently Serve Up Drinks with More than a Day's Worth of Added Sugars; A Restaurant Menu Survey. Published July 2021

⁵ Galvez, M. P., Morland, K., Raines, C., Kobal, J., Siskind, J., Godbold, J., & Brenner, B. (2008). Race and food store availability in an inner-city neighbourhood. *Public health nutrition*, 11(6), 624–631.

⁶ Kwate, N. O., Yau, C. Y., Loh, J. M., & Williams, D. (2009). Inequality in obesogenic environments: fast food density in New York City. *Health & place*, 15(1), 364–373.

⁷ Center for Science in the Public Interest. (2021, July 8). New Yorkers Support Added Sugar Warnings on Chain Restaurant Menus.



**CENTER FOR
Science IN THE
Public Interest**
America's Food and Health Watchdog