



**NEWS RELEASE**

**FOR IMMEDIATE RELEASE**  
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**AMERICAN BEVERAGE ASSOCIATION RESPONSE TO**  
**AMERICAN HEART ASSOCIATION STATEMENT ON ADDED SUGARS**

*In response to “Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement From the American Heart Association,” published in the journal Circulation, Dr. Maureen Storey, senior vice president of science policy for the American Beverage Association, said:*

“Like many foods, soft drinks and other sugar-sweetened beverages are a source of calories, but in and of themselves, they are not a unique risk factor for obesity or other negative health outcomes - including heart disease.

Obesity – a serious, but complex problem – is about calorie balance. According to the National Institutes of Health, risk factors for obesity are fueled not by any single food or beverage, but rather a complex interplay of environmental, social, economic and behavioral factors acting on a background of genetic susceptibility. A recent systematic review published in *Nutrition Research Reviews* concludes that there is little evidence from epidemiological studies that sugar-sweetened drinks are more likely than any other source of energy to lead to obesity.

Like obesity, heart disease is a complex problem with no single cause and no single solution. According to the American Heart Association, the major risk factors for heart disease are increasing age, gender, heredity and race. Being obese can increase a person’s risk for heart problems and high blood pressure, but studies show that being physically fit can help mitigate that risk.

At the end of the day, you can be a healthy person and enjoy soft drinks and other sugar-sweetened beverages in moderation. What matters most is balancing the calories from the foods and beverages we eat and drink with regular physical activity. These are the keys to living a balanced lifestyle – something the beverage industry supports and encourages by helping consumers make appropriate choices by providing easy access to calorie and nutrition information, promoting physical activity, and beverage innovation.”

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*The American Beverage Association is the trade association representing the broad spectrum of companies that manufacture and distribute non-alcoholic beverages in the United States.*