

SB 1192

HEALTHY-BY-DEFAULT KIDS' MEAL BEVERAGES

The California Healthy-by-Default Kids' Meal bill makes a healthy beverage—water or milk—the default beverage for children's combo meals instead of sugary drinks, helping parents provide healthy drink options to their children while eating outside the home.



the **PROBLEM**

extra calories

Sugary drinks are the single biggest source of calories in the diets of kids under 13, contributing between 10-15 percent of their daily calories.

overweight

Drinking just one sugary drink a day increases a child's likelihood of being overweight by 55 percent.

cavities

Children who frequently consume sugary drinks are nearly twice as likely to have cavities than children who consume mostly milk or water.

eating out

More than half of food expenditures in the United States are spent outside of the home, and children get an average of 25 percent of their calories from restaurant foods and beverages.

the **SOLUTION**

healthy habits

SB 1192 will help children grow up at a healthy weight and assist them in forming better eating and drinking habits that they will carry throughout their lifetimes.



healthy choices

The "healthy-by-default" beverage makes it easier for parents to start the meal off right and gives California an opportunity to engage restaurants, community groups and the public about the importance of offering healthy beverage options to young children.



For more information, contact:

Flojaune G. Cofer, PhD • Public Health Advocates • FC@PHAdvocates.org • (844) 962-5900, x230

Jamie Morgan • American Heart Association • Jamie.Morgan@heart.org • (916) 446-6505

Rebecca DeLaRosa • Latino Coalition for a Healthy California • rdeklarosa@lchc.org • (916) 448-3234 x2012

Kris Lev-Twombly • California State Alliance of YMCAs • kris@ymcasofca.org • (916) 730-0271

Karen Showalter • MomsRising.org • karen@momsrising.org • (914) 589-0983



PUBLIC HEALTH ADVOCATES
EVERYONE HAS THE RIGHT TO BE HEALTHY