



**STATEMENT TO ABC WORLD NEWS FROM DR. MAUREEN STOREY,
SENIOR VICE PRESIDENT FOR SCIENCE POLICY:**

“Consumers can rest assured that soft drinks and other sugar-sweetened beverages are not only refreshing, but safe. With regard to this particular story, all that we have been told is one person’s biological response after drinking some unknown quantity of beverages in a totally unscientific, uncontrolled ‘experiment.’ We have not been provided with any pertinent information about the methodology or the so-called results.

What we do know is that consuming any food or beverage that contains calories will affect blood glucose, blood insulin and other hormone levels. This is a normal metabolic response to eating food. And while soft drinks and other sugar-sweetened beverages, like almost all foods and beverages, are a source of calories, there is nothing unique about them when it comes to the body’s response, or the risk for obesity, diabetes or any other negative health outcomes.

The American Association of Diabetes Educators notes that sugar is just another carbohydrate and can fit into a meal plan. The American Diabetes Association notes that ‘for the record, sugar consumption does not cause either type 1 or type 2 diabetes.’ Furthermore, a 2009 study published in the peer-reviewed *American Journal of Clinical Nutrition* concluded that consuming the equivalent of two cans of sucrose-sweetened soft drinks per day does not increase the prevalence of high blood glucose under normal free-living conditions in healthy lean or obese individuals or in obese men with type 2 diabetes.

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 and promoting physical activity.”