



Serve Kids Better: Supporting parents' efforts to reduce the sugar in their families' diets.

Support HB 3490 (L. Hernandez)/ SB 1846 (Sen. Hunter) to Ensure Restaurants Provide Water, Milk or 100% Juice as the Beverages Automatically Included in Children's Meals in Illinois.

Key Components

- **HB 3490/SB 1846 would require restaurants to provide plain water, unsweetened sparkling water, unsweetened flavored water, unsweetened low-fat or non-fat milk, unsweetened non-dairy milk alternatives with fewer than 130 calories and align with National School Lunch Program nutrition standards, or up to 8 ounces of 100% fruit or vegetable juice as the beverages that automatically come in packaged “children’s meals.”**
- **Parents would still have the choice to ask for other beverages, like soda or lemonade, if they wish.**
- **Similar policies have passed in Cleveland and Columbus, OH, Delaware, Hawaii, California, Philadelphia, PA, New York, NY, Louisville, KY, Lafayette, CO, and more municipalities across the U.S.**

Rationale

Some children as young as eight have detectable early warning signs of heart disease,ⁱ and the prevalence of type 2 diabetes in children is increasing and disproportionately affects children of color.ⁱⁱ While parents are primarily responsible for feeding their children healthfully, they cannot always prepare meals at home.

Restaurants and communities should support parents’ efforts to feed their children well and one easy place to start is by offering healthy beverages as the default option for children’s meals.

The Nutritional Quality of Restaurant Meals Matters to Kids’ Health

- **Improving the nutritional quality of restaurant children’s meals can help improve diet quality and cultivate lifelong healthy eating behaviors, which help children grow up at a healthy weight.**
- A 2012 analysis reported that 33 percent of children eat foods or beverages from fast-food restaurants and 12 percent from full-service restaurants on a typical day.ⁱⁱⁱ Americans spend almost half of their food budget on restaurant foods.
- Marketing particular foods to children by designating them as “kids’ menu items” and by bundling them together as meals establishes food norms for children, which could affect their preferences in other settings.^{iv}

Studies Show a Link Between Eating Out and Poor Nutrition

- Eating out by children has been associated with higher consumption of calories, sugary drinks, saturated fat, and total sugars, and with lower diet quality compared to meals at home.^v
- Among **the top-50 restaurant chains** that included beverages as part of their children’s meals in 2019, **two-thirds include sugary drinks on their children’s menus.**
 - An extra-small (ten-ounce, child-size) cola contains approximately 33 grams of added sugars,^{vi} which exceeds the 25 grams of added sugars that the American Heart Association (AHA) has established as the daily upper limit for children and teenagers. **The AHA recommends that children consume no**

more than eight ounces of sugary drinks per week;^{vii} kid-sized beverages vary across restaurants but are usually six to twelve ounces.^{viii}

Changing the Offerings, Including the Defaults, Can Impact What Children Consume

- **Children’s meals with healthier defaults at Walt Disney theme parks resulted in 21 percent fewer calories offered compared to meals with unhealthy defaults.** In this same study, parents stuck with the healthier beverages 66 percent of the time.^{ix}
- Removing sugary drinks from children’s menus can send a signal that they should not be everyday beverages for children. The vast majority of children consume more calories from added sugars than is recommended for good health,^x and the number one source of added sugars in the American diet is sugary beverages.^{xi}

Organizations that support HB 3490/SB 1846 include: (List in formation)

- ❖ American Cancer Society Cancer Action Network, Inc.
- ❖ American Diabetes Association
- ❖ American Heart Association/ American Stroke Association
- ❖ Chicago Department of Public Health
- ❖ Consortium to Lower Obesity in Chicago Children
- ❖ Healthy Schools Campaign
- ❖ Illinois Alliance to Prevent Obesity
- ❖ Illinois Beverage Association
- ❖ Illinois Public Health Association
- ❖ Illinois Public Health Institute
- ❖ Illinois Restaurant Association
- ❖ Illinois State Alliance of YMCAs
- ❖ Mission: Readiness Illinois
- ❖ Stonebridge Healthy Community Outreach Initiative, NFP

ⁱ Jing L, Binkley CM, Suever JD, Umasankar N, Haggerty CM, Rich J, Wehner GJ, Hamlet SM, Powell DK, Radulescu A, Kirchner HL, Epstein FH, Formwalt BK. “Cardiac Remodeling and Dysfunction in Childhood Obesity: A Cardiovascular Magnetic Resonance Study.” *Journal of Cardiovascular Magnetic Resonance* 2016, vol. 18, pp. 1-12

ⁱⁱ Benjamin EJ, et al. “Heart Disease and Stroke Statistics—2017 Update A Report From the American Heart Association.” *Circulation* 2017, vol. 135, pp. e1-e458. Available at <http://circ.ahajournals.org/content/circulationaha/early/2017/01/25/CIR.000000000000485.full.pdf>.

ⁱⁱⁱ Powell LM, Nguyen BT, Han E. “Energy Intake from Restaurants: Demographics and Socioeconomics, 2003–2008.” *American Journal of Preventative Medicine* 2012, vol. 43, pp. 498–504.

^{iv} Anzman-Frasca S, Dawes F, Sliwa S, Dolan PR, Nelson ME, Washburn K, Economos CD. “Healthier Side Dishes at Restaurants: An Analysis of Children’s Perspectives, Menu Content, and Energy Impacts.” *International Journal of Behavioral Nutrition and Physical Activity* 2014, vol. 11, pp. 81-93. Available at <https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-11-81>.

^v Powell LM, Nguyen BT. “Fast-Food and Full-Service Restaurant Consumption Among Children and Adolescents.” *Archives of Pediatric and Adolescent Medicine*, published online Nov 5, 2012, E1-E7.

^{vi} McDonald’s, *Nutrition for Coca-Cola*, http://www.mcdonalds.com/us/en/food/product_nutrition.beverages.520.cocacola-classic-small.html (33 grams of added sugars in an extra-small Coca-Cola).

^{vii} Vos MB, Kaar JL, Welsh JA, Van Horn LV, Feig DI, Anderson CAM, Patel MJ, Cruz Munos J, Krebs NF, Xanthakos SA, Johnson RK. “Added Sugars and Cardiovascular Disease Risk in Children: A Scientific Statement from the American Heart Association.” *Circulation* 2016, vol. 134, published ahead of print at <http://circ.ahajournals.org/content/early/2016/08/22/CIR.0000000000000439>.

^{viii} CSPI, Unpublished Review of Sugary Beverage Offerings on Top-20 Restaurants’ Kids’ Menus, November 2016.

^{ix} Peters J, Beck J, Lande J, Pan Z, Cardel M, Ayoob K, Hill J. “Using Healthy Defaults in Walt Disney World Restaurants to Improve Nutrition.” *The Behavioral Science of Eating* 2016, vol. 1, pp. 92-103.

^x Vos MB, Kaar JL, Welsh JA, Van Horn LV, Feig DI, Anderson CAM, Patel MJ, Cruz Munos J, Krebs NF, Xanthakos SA, Johnson RK. “Added Sugars and Cardiovascular Disease Risk in Children: A Scientific Statement from the American Heart Association.” *Circulation* 2016, vol. 134, published ahead of print at <http://circ.ahajournals.org/content/early/2016/08/22/CIR.0000000000000439>.

^{xi} U.S. Department of Agriculture (USDA), U.S. Department of Health and Human Services. *Dietary Guidelines for Americans 2015*. Washington, D.C.: U.S. Government Printing Office, December 2015. Available at https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf.