



# BROOKLYN\_BORN

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## Sugar levels in drinks - not just a USA concern

Sunday, March 10, 2013



This isn't news to anyone on SP nor is the "Rethink Your Drink" campaign. However, it caught my attention when it was posted on my Facebook feed by my cousin in SLOVAKIA!

As our western diet continues to make inroads around the world, our concerns are becoming their concerns. American companies are well represented here.

I would have liked to have read more, especially the comments in Žensky magazine where this appeared on March 3rd, but my Slovak language skills aren't up to that level.

I know that in the 1950s we were the tallest nation on earth and now we're the fattest. Sad that we're exporting that aspect of our culture.

Note: I realize that this photo was probably just reprinted from the US ad campaign and I have no way of comparing the sugar content of the products of non-US companies. However, during my travels I've seen that American products are a pervasive influence. Burger King was celebrating 20 years in the Czech Republic in 2012. Perhaps some world-wide sparkers can add some information here.

On the positive side McDonald's was the one place I could be sure of eating in a smoke free environment while in Eastern Europe so at times there was a decision/trade off to be made.

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**MIRAGE727**

I was having late morning tea at this Brit cafe here in Dunedin. Met a nice British couple and we started talking about anything and everything. The bottom line? Our country had achieved so much in 222 years. (England recognized the United States in 1783, so if you ask them the U.S. is 222 years old.) And we've done so much to weaken it in such a short time. It's true and very sad!  
3016 days ago



**BOILHAM**

Interesting. Exporting our bad habits.  
3017 days ago



**WILSONWR**

I'm glad I've never really liked sugary drinks!  
3017 days ago



**CELIAMINER**

Think I'll have a big ol' glass of that stuff on the left.  
3017 days ago



**DRB13\_1**

The VISUAL of the actual teaspoons of sugar in various drinks is so helpful, especially when trying to educate children. I know as a kid I had a "sweet tooth" (and my dental issues are a testament to that fact). My SparkNutrition recommends I limit sugar to 6 teaspoons a day - quite a challenge for me.  
Thanks for sharing and keep on Sparking - in whatever language!  
3017 days ago



**MERRYMARY42**

yes the world gets smaller while we get larger  
3017 days ago



**DONNA5281**

Well Done!  
3018 days ago



**COCK-ROBIN**

Very informative. Thank you.  
3018 days ago



**BIGDOG18**

  
3018 days ago



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