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.

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