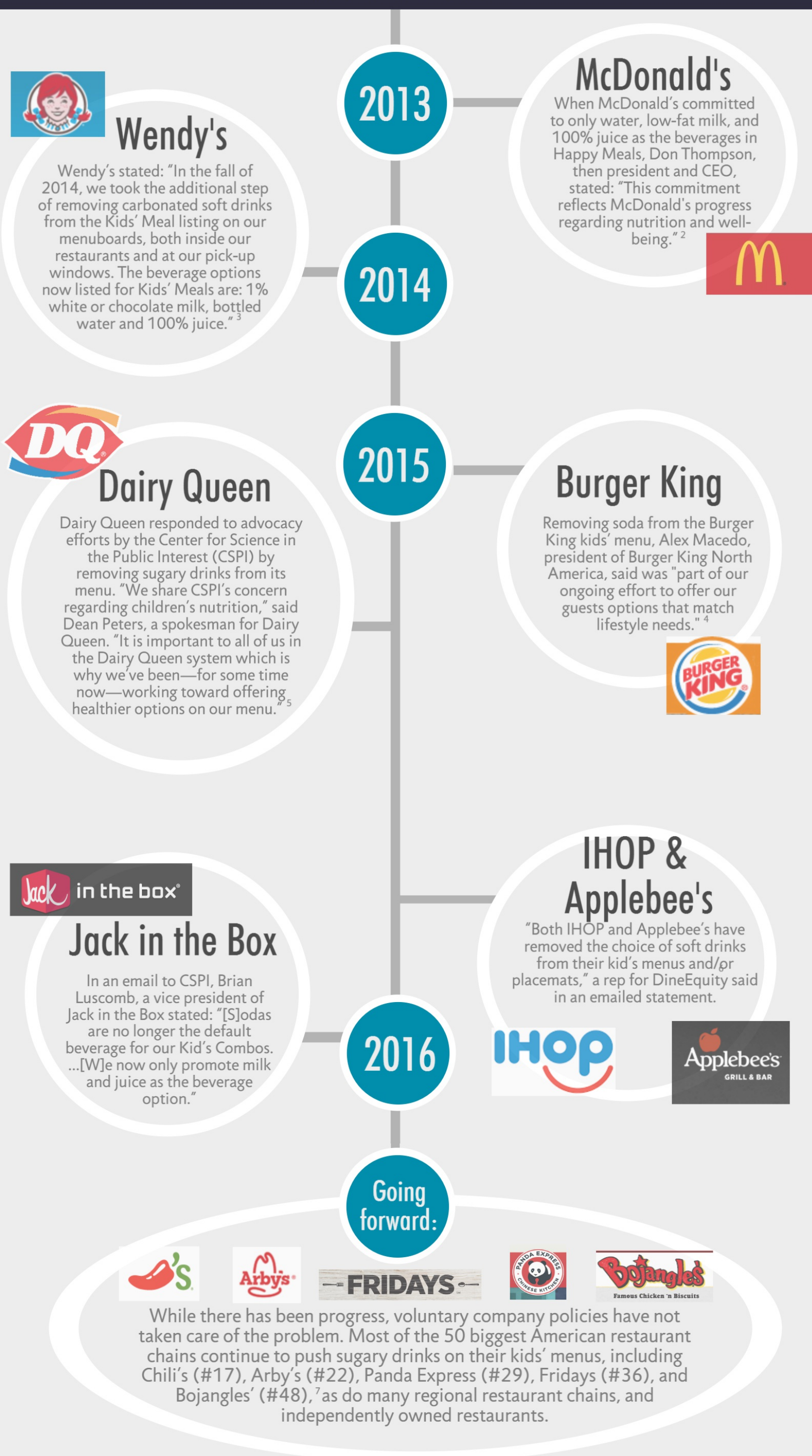


# Six Down, Many to Go

Since 2013, six top chain restaurants have committed to keeping kids' menus free from soda and other sugary drinks. They join Panera and Subway in offering healthier choices instead.

However, the majority of chain and independent restaurants continue to push soda on kids. Beverages contribute nearly half of added sugars in the diets of children and adults.<sup>1</sup>



## Policy:

Local and state policies that improve the nutrition quality of restaurant children's meals can help improve children's diet quality and cultivate lifelong healthy eating behaviors, which can help children grow up at a healthy weight.

CSPI and Voices for Healthy Kids Action Center encourage healthy choices for kids' restaurant meals, including healthy beverage defaults. We support the above changes to kids' meals, but do not endorse any specific restaurants. To join us in urging companies and communities to improve their beverage offerings on restaurant children's menus, please contact CSPI at [nutritionpolicy@cspinet.org](mailto:nutritionpolicy@cspinet.org) or 202-777-8352.



## SOURCES:

<sup>1</sup> U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

<sup>2</sup> <http://news.mcdonalds.com/press-releases/alliance-for-a-healthier-generation-and-mcdonald-s-nyse-mcd-1054519>

<sup>3</sup> <https://consumerist.com/2015/01/15/wendys-reportedly-dropping-soda-from-kids-meals/>

<sup>4</sup> <http://www.usatoday.com/story/money/2015/03/09/burger-king-fast-food-restaurants-soft-drinks-beverages/24661959/>

<sup>5</sup> <http://www.bloomberg.com/news/articles/2015-05-14/buffett-s-dairy-queen-to-remove-his-favorite-soda-from-kids-menu>

<sup>6</sup> <https://consumerist.com/2015/12/01/ihop-applebees-remove-sugary-drinks-from-childrens-menu/>

<sup>7</sup> Restaurant chains ranked by U.S. systemwide sales according to Nation's Restaurant News. <http://nrrn.com/top-100/2015-top-100-restaurant-chain-countdown>.