Dear <<Restaurant CEO Name>>:

We, the undersigned, write to ask the <<Restaurant Name>> to strengthen its commitment to providing children with healthy meal options, including by removing soda and other sugary beverages from your children’s menu.

Families eat out twice as often as they did in the 1970s, with children consuming about a quarter of their calories at fast-food and other restaurants. Given the growing role of restaurant foods in children’s diets and the high rates of childhood obesity, restaurants should do more to help children eat better.

We commend you for taking some initial steps to address the nutritional quality of your children’s meals and for joining the National Restaurant Association’s Kids LiveWell program. We ask you to continue to build on that commitment by offering only healthy beverages, such as low-fat or fat-free milk, water, or unsweetened flavored seltzer, with all your children’s meals.

Soda and other sugary drinks promote obesity, diabetes, and heart disease. According to the Dietary Guidelines for Americans, 2010, sugar-sweetened beverages are the single largest source of calories in children’s diets and provide nearly half of their added sugars intake. A 2001 study published in the Lancet found that drinking just one additional sugary drink every day increases a child’s chances of becoming obese. With one in three children overweight or obese in the United States, it no longer makes sense to include sugary beverages in restaurant meals for young children.

McDonald’s recently announced it would no longer list soda on the kids’ meal section of its menu boards. Subway, Chipotle, Arby’s, and Panera also do not offer soda as a beverage option on their children’s menus. Offering only healthier beverage options helps children to eat better and supports parents’ efforts to feed their children more healthfully.

We urge you to go beyond the Kids LiveWell program’s minimum requirements and remove soda and other sugary drinks from your entire children’s menu. We look forward to your response and would welcome the opportunity to work with you and your staff to improve the nutritional quality of your restaurants’ children’s meals and beverages.

Sincerely,
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<td>A World Fit For Kids</td>
<td>Center for Digital Democracy</td>
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<td>Academy of Nutrition and Dietetics</td>
<td>Center for Global Policy Solutions</td>
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<td>Advocates for Better Children's Diets</td>
<td>Center for Nutrition and Activity Promotion</td>
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<td>American Academy of Sports Dietitians and Nutritionists</td>
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<td>American Cancer Society</td>
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<td>American Institute for Cancer Research</td>
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<td>American Medical Student Association</td>
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<td>American School Health Association</td>
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<td>Association of State Public Health Nutritionists</td>
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<td>Bangor Health and Community Services</td>
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<td>Bay Area Nutrition and Physical Activity Collaborative</td>
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<td>Berkeley Media Studies Group</td>
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<td>California Center for Public Health Advocacy</td>
<td>D'fine Sculpting &amp; Nutrition LLC</td>
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<td>California Conference of Local Health Department Nutritionists</td>
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<td>The California Endowment</td>
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<td>California WIC Association</td>
<td>Eat Smart, Move More South Carolina</td>
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<td>Cancer Prevention and Treatment Fund</td>
<td>Energy Up!</td>
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<td>Center for Communications, Health &amp; the Environment</td>
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<td>Florida Prevention Research Center</td>
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<td>Food and Water Watch</td>
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<td>Food Fight</td>
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Food, Nutrition & Policy Consultants, LLC
Food Trust
GW Cancer Institute
Healthy Living Rochester
Hispanic Dental Association
The Horizon Foundation of Howard County, MD
Indian Rural Health Association
Institute for America's Health
Institute for Integrative Nutrition
Institute for a Sustainable Future
Interfaith Center on Corporate Responsibility
Iowa Public Health Association
KC Healthy Kids
Lane Coalition for Healthy Active Youth
Latino Coalition for a Healthy California
LiveWell Colorado
Louisiana Public Health Institute
Maine Public Health Association
Mercyhurst University Institute for Public Health
Midwest Coalition for Responsible Investment
MomsRising.org
National Action Against Obesity
National Association of Chronic Disease Directors
National Association of County and City Health Officials
National Center for Weight & Wellness
National Congress of Black Women
National Consumers League
National Council of La Raza
National Network of Public Health Institutes
National Physicians Alliance
National WIC Association
The Nemours Foundation
New York State Public Health Association
Northwest Coalition for Responsible Investment
Nutrition First
Oral Health America
Oregon Public Health Institute
Parents, Educators & Advocates Connection for Healthy School Food (PEACHSF)
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