

TRANSCRIPT FOR VIDEO PART 5

Bubbling Over: *Soda Consumption and Its Link to Obesity in California*

TRT: 1:53

EMBARGOED UNTIL THURSDAY, SEPT. 17, 2009

Consumers Talking About Soda

0:00 Deanne Andres, Danville: Well, I'm sure there are other elements too that are contributing to obesity, but definitely soda is one of them because it's kind of the silent calorie counter. You don't really realize how much you're drinking. You know, it's what? 160 calories per soda? And how many do kids drink a day and adults? You just don't even think about it because it's a liquid form of calories.

0:25 Marcia Elliot, Pleasant Hill: I would say yes and the reason I would say yes is because people that I know that drink soda have it next to them all the time in the same way that you would water. You know, instead of having a big jug of water they get their cans of soda and they drink it and then they go get another one and just have it throughout the day. Well, all those calories add up.

0:49 Trevor S. Rice, Danville: I don't really know what to say beyond the fact that it's way too accessible for kids and people don't really understand how much sugar and carbs are in that stuff. It's way too accessible and kids just suck it down – I did growing up. One day I was on the treadmill and ran for 20 minutes. It said you burned 130 calories and I went home and had a Coke and it was like 130 calories. And I'm like, I just negated what I just did and I hated running, so that was it.

1:19 Matthew Bornstein, Minneapolis, MN: For me, I can talk about myself. I quit drinking soda and dropped 25 pounds, not doing anything else but just cutting out soda. We don't feed our children, we don't give them soda. He doesn't even drink juice – pretty much just water, milk.

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