The consumption of sugar-sweetened drinks being in early years of life and continues through the school age. The availability of sugar-sweetened drinks in the market is leading to a quick nutritional transition characterized for a high consumption. Although the consumption of sweetened drinks contributes to the energy requirements of children, high consumption of sugary drinks has been linked to the risk of chronic, non-communicable diseases. To describe the sources, volumes and costs of sugar-sweetened beverages in a convenience sample of school-aged children from public schools in a suburban setting in the greater metropolitan Guatemala City area.

**METHODS**

**Setting:** Four elementary schools in Amatitlán, 27 km south of Guatemala City.

**Subjects:** A total of 150 schoolchildren, 67 boys and 83 girls, from grades 1 to 6.

**Data collection:** They were given crayons and a preformatted work booklet, along with instructions to make a pictorial record of each meal and snack over the following 24 h. Upon returning the booklets, participants were interviewed concerning the portion size of all items. Data analysis: SPSS Version 20 was used to analyze data. Descriptive statistics was conducted to measure consumption; also were done comparisons between age groups and gender with Mann-Whitney U-test and Student t-test.

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**Data handling:** Data was focus on liquid items, they were classified into subgroups, and the packaging and nutrition labeling on each sugary drink reported was consulted to determine energy content according to beverage group. The mean contribution of sweetened drinks was 428±237 kcal, representing 2.1% of the total energy intake. The consumption of sugar-sweetened drinks contributes to the energy requirements of children, high consumption of sugary drinks have been linked to the risk of chronic, non-communicable diseases.

**RESULTS**

The consumption of sugar-sweetened drinks in early years of life and continues through the school age. The availability of sugar-sweetened drinks in the market is leading to a quick nutritional transition characterized for a high consumption. Although the consumption of sweetened drinks contributes to the energy requirements of children, high consumption of sugary drinks has been linked to the risk of chronic, non-communicable diseases. To describe the sources, volumes and costs of sugar-sweetened beverages in a convenience sample of school-aged children from public schools in a suburban setting in the greater metropolitan Guatemala City area.

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