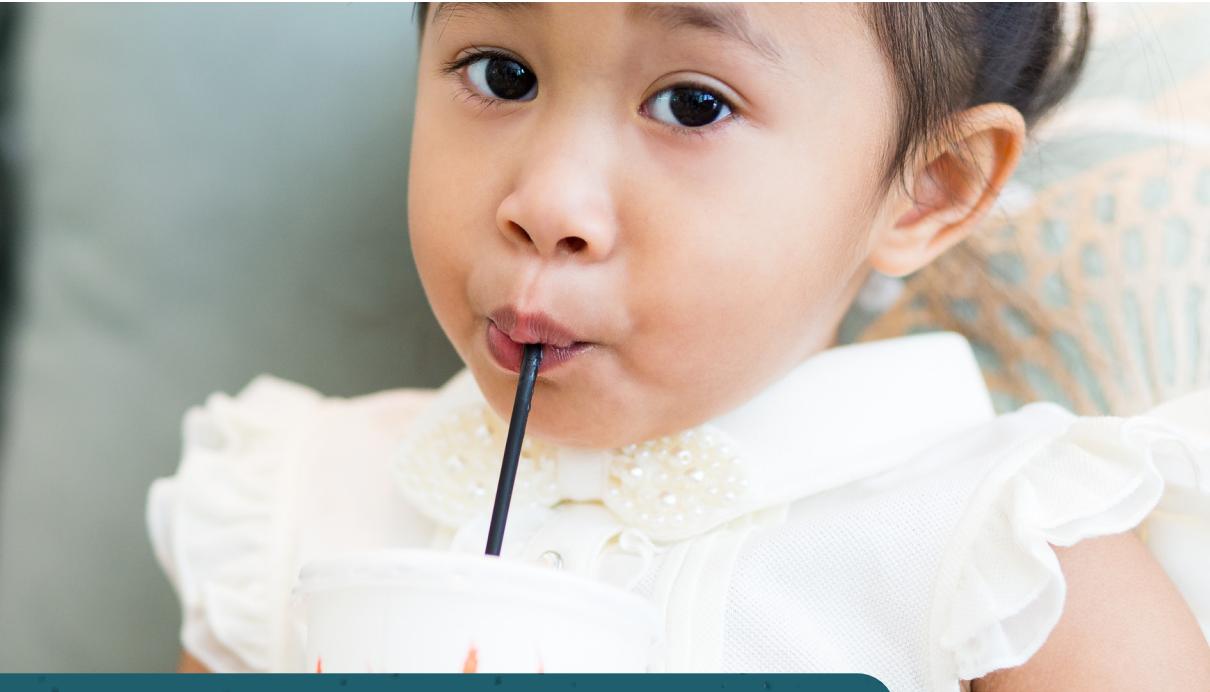




CENTER FOR  
Science IN THE  
Public Interest  
*Your Food and Health Watchdog*



# Sweet Drinks, Sour Consequences

MANY CHAINS STILL PUSHING SODA  
TO KIDS

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## **About CSPI**

The Center for Science in the Public Interest (CSPI) is your food and health watchdog.

CSPI envisions a healthy population with reduced impact and burden of preventable diseases and an equitable food system that makes healthy, sustainable food accessible to all. CSPI values independence, scientific rigor, and transparency.

Founded in 1971, CSPI is an independent, science-based consumer advocacy organization with an impressive record of accomplishments and a clear and ambitious agenda for improving the food system to support healthy eating.

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## Executive Summary

Restaurants are a key source of food for U.S. families. Households with children consume food outside the home between four and five times a week on average.<sup>1</sup> Children's consumption of restaurant food is associated with an increased consumption of calories, saturated fat, total sugars, and sugary drinks.<sup>2</sup> The majority of U.S. children exceed the daily limit of added sugars recommended by the 2020-2025 Dietary Guidelines for Americans.<sup>3</sup> Sugary drinks (drinks with added sugar or sweeteners like high fructose corn syrup or sucrose) are the leading source of added sugars in U.S. children's diets.<sup>4</sup>

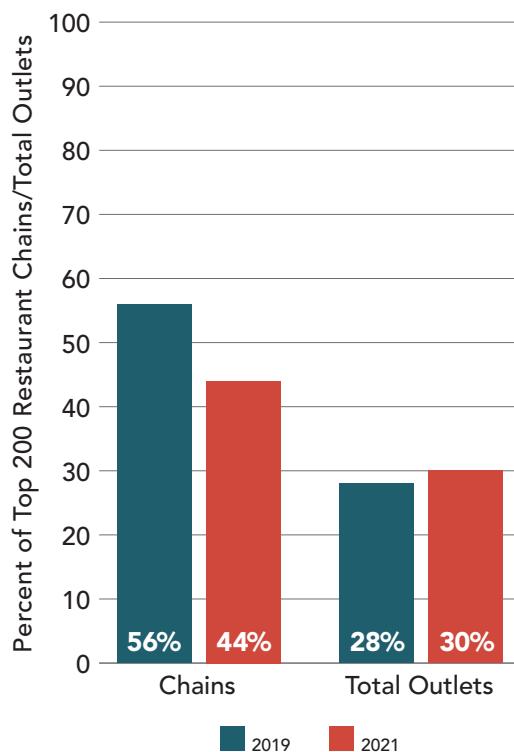
The Center for Science in the Public Interest previously analyzed children's beverage offerings at the top 50 restaurant chains, ranked by revenue, in 2008,<sup>5</sup> 2012,<sup>6</sup> and 2016.<sup>7</sup> In 2019,<sup>8</sup> we expanded our analysis to cover the top 200 restaurants as ranked by revenue. This report, which uses 2021–2022 data, again analyzes the top 200 restaurants as ranked by revenue and examines how children's beverage offerings at top restaurants have changed over the past 14 years.

In 2021, 87 of the top 200 chains (44 percent) offered sugary drinks to children. (Figure 1). Sugary drinks were the most common children's beverage offering among the top 200 chains in 2021, followed closely by 100% juice (43 percent). Fewer chains offered sugary drinks in 2021 compared to 2019, when 56 percent of top 200 chains offered sugary drinks to kids.

When we analyzed beverage offerings based on outlets for the top 200 chains, 62,770 outlets (30 percent of 209,348 total outlets) offered sugary drinks to kids in 2021 (Figure 1), compared to 59,674 outlets (28 percent of 210,630 outlets) in 2019. More outlets offered 100% juice (54 percent) and low-fat milk (40 percent) than sugary drinks (30 percent) in 2021.

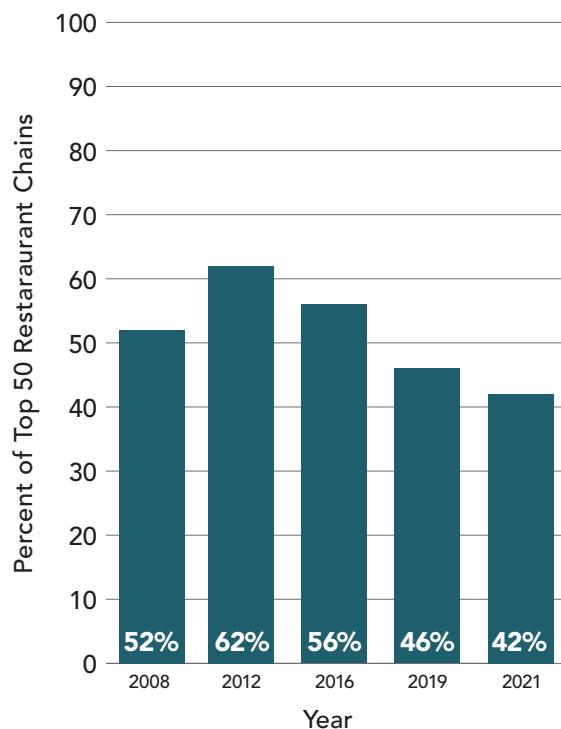
One-hundred sixty-five chains were ranked in the top 200 in both 2019 and 2021 (Appendix B). Nineteen of these chains (12 percent of the 165 chains) did not offer sugary drinks to kids in 2019 compared to 27 chains (16 percent) in 2021. Six of these chains that did not offer sugary drinks to kids in 2019 offered them to kids in 2021. Fourteen chains offered sugary drinks to kids in 2019, but no longer offered them in 2021.

**Figure 1.** Top 200 Restaurants Offering Kids' Size Sugary Drinks



To facilitate comparisons to CSPI's prior reports, we include data related to the top 50 chains as well. The availability of sugary drinks at the top 50 chains has fluctuated over time but has been declining of late. In 2008, 26 chains (52 percent) offered sugary drinks to kids. This increased to 31 chains (62 percent) in 2012. However, since 2012, fewer chains have offered sugary drinks to kids. The number of top 50 chains with kids' sugary drink offerings declined to 28 chains (56 percent) in 2016 and declined again to 23 chains (46 percent) in 2019. As of 2021, sugary drinks were available at 21 (42 percent) of the top 50 restaurant chains.

**Figure 2.** Kids' Size Sugary Drink Availability at Top 50 Restaurant Chains Over Time



While several top 200 chains dropped sugary drink offerings to children in 2021, there is still room for progress. While the top 50 chains offer sugary drinks less often than the chains ranked lower, the progress among these chains appears to have slowed between 2019 and 2021. Furthermore, among the top 200 chains, although fewer chains offer sugary drinks to kids in 2021 compared to 2019, more restaurant outlets offer kids' size sugary drinks in 2021 compared to 2019. Several large chains reintroduced sugary drink offerings to children in 2021, whereas several smaller chains stopped offering sugary drinks to kids between 2019 and 2021. Overall, this data suggests the progress at top chains is slowing down or even reversing, while smaller chains are beginning to improve their children's beverage offerings.

It's time for all restaurants to drop children's sugary drinks. To complement industry efforts, states and localities should pass legislation that requires restaurants to make healthier beverages the default kids' drink offering. Healthier children's meals, served with beverages such as low-fat milk, 100% juice, and water, can support families' efforts to feed their children well and help them develop healthier eating habits.

**Table 1.** 2020 Top 200 Restaurant Chains by 2021 Kids' Sugary Drink Availability

Chains with kids' drinks that do not offer SSBs (n=32)	Chains with kids' drinks that offer SSBs (n= 87)	Chains without kids' menus or kids' drinks (n=81)
A&W Restaurants (165)	Beef'O'Brady's (198)	McAlister's Deli (57)
<b>Applebee's (25)</b>	Benihana (121)	Miller's Ale House (92)
Arby's (16)	Big Boy/Frisch's (151)	Mimi's Bistro & Bakery (188)
Bahama Breeze (137)	Biggby Coffee (161)	Moe's Southwest Grill (67)
Black Bear Diner (145)	Bill Miller Bar-B-Q (189)	Mr. Hero (200)
Bojangles (44)	BJ's (58)	Newk's Eatery (149)
<b>Bonefish Grill (97)</b>	Bob Evans (61)	O'Charley's (108)
Boston Market (86)	Braum's (127)	Olive Garden (21)
<b>Buffalo Wild Wings (24)</b>	Bucca Di Beppo (177)	On the Border (115)
Chick-fil-A (4)	<b>Burger King (6)</b>	<b>Outback Steakhouse (32)</b>
<b>Chipotle (12)</b>	BurgerFi (186)	P.F. Chang's (60)
Cooper's Hawk Winery & Restaurant (101)	California Pizza Kitchen (76)	<b>Panda Express (20)</b>
Dairy Queen (17)	Captain D's (77)	Pei Wei (162)
Del Taco (53)	Caribou Coffee (129)	Perkins (88)
Firehouse Subs (64)	Carl's Jr. (43)	Qdoba (62)
Hardee's (33)	<b>Carrabba's (73)</b>	Raising Cane's (37)
Jack in the Box (19)*	Charley's Philly Steaks (104)	Red Lobster (30)
Jamba (79)*	Cheddar's Scratch Kitchen (81)	Red Robin (47)
Jason's Deli (71)	Chicken Salad Chick (176)	Roosters Wings (193)
La Rosa's (197)	Chili's (23)	Rubio's (172)
McDonald's (1)	Chuy's Restaurant (109)	Ruby Tuesday (85)
Noodles & Company (80)	Corner Bakery Café (113)	Ruth's Chris Steak House (82)
Panera Bread (11)	Culver's (36)	Saltgrass Steakhouse (105)
Pollo Tropical (128)	Dave & Buster's (54)	Schlotzsky's (118)
Popeyes Louisiana Kitchen (15)	<b>Denny's (28)</b>	Smashburger (140)
Potbelly (91)	Dickey's Barbeque Pit (98)	Smokey Bones (185)
Shake Shack (74)*	Dutch Bros Coffee (110)	Smoothie King (84)
Sonic Drive-In (10)	El Pollo Loco (56)	Starbucks (2)
Sonny's BBQ (158)	Famous Dave's (123)	Steak n' Shake (59)
<b>Subway (7)</b>	Fazoli's (138)	Taco Cabana (141)
The Coffee Bean and Tea Leaf (170)*	<b>Firebirds Wood Fired Grill (182)</b>	Taco John's (100)
White Castle (83)*	<b>First Watch (99)</b>	Texas Roadhouse (29)
		<b>IHOP (27)**</b>
		Uno Pizzeria (181)**

Chains with kids' drinks that do not offer SSBs (n=32)	Chains with kids' drinks that offer SSBs (n= 87)	Chains without kids' menus or kids' drinks (n=81)	
<b>LEGEND</b>			
Restaurant Name (Ranking on Top 200)	Fleming's Prime Steakhouse (130)	TGI Fridays (50)	In-N-Out (48)
<b>Bold: Chain is a Kids LiveWell Member as of October 2022</b>	Freddy's Frozen Custard and Steakburgers (68)**	The Cheesecake Factory (41)	Jets Pizza (103)
<i>Italic: Chain only offers sugary drinks to kids</i>	Friendly's (187)	The Habit Burger Grill (95)	Jimmy John's (35)
* Chain does not have a kids' menu, but does offer kids' size beverages	Huddle House (152)	Tropical Smoothie Café (66)	Wingstop (38)
** Chain has a kids' menu, but does not offer kids' size drinks	Jack's Family Restaurants (171)	Village Inn (143)	KFC (14)
^ Chain did not consistently offer a kids' menu or kids' drinks across locations"	Jersey Mike's (45)	Waffle House (46)	Krispy Kreme (49)
<b>RANKING SOURCE</b>	Lazy Dog Restaurant & Bar (166)	Walk-ons Bistreaux & Bar (195)	La Madeline French Bakery (178)**
Nation's Restaurant News. Top 200, 2020 Report.	Logan's Roadhouse (119)	Wendy's (5)	Little Caesars (18)
	Long John Silver's (126)	Whataburger (26)	Marco's Pizza (63)**
	LongHorn Steakhouse (39)	Which Wich (136)	Mellow Mushroom (94)
	Maggiano's Little Italy (134)	Yard House (93)	Melting Pot Restaurant (190)
		Zaxby's (34)	Menchie's (180)

## Introduction

Restaurants play a key role in the diets of U.S. residents. Households with children consume food away from home between four and five times a week on average.<sup>9</sup> Between 2017 and 2020, children ages 2-11 consumed between 14 and 20 percent of their daily calories from restaurants (defined as "Restaurant with waiter/waitress," "Bar/tavern/lounge," "Restaurant no additional information," "Cafeteria NOT in a K-12 school," "Restaurant fast food/pizza," "Sport, recreation, or entertainment facility," or "Street vendor, vending truck").<sup>10</sup> When children who did not report eating food from a restaurant were excluded from the sample, children ages 2-11 consumed between 31 and 37 percent of their daily calories from all restaurants.<sup>11</sup> When families dine outside of the home, caregivers frequently order kids' meals for their children. Sixty-four percent of caregivers of children under age 6 and 46 percent of those caring for children ages 6-11 who purchased food for their child reported ordering their child a kids' meal during their most recent restaurant visit.<sup>12</sup>

Children's menu items at large chain restaurants are commonly high in total fat, saturated fat, and sodium compared to recommended limits.<sup>13</sup> As our previous analyses<sup>14,15,16,17</sup> and others<sup>18</sup> have shown, sugar-sweetened beverages are also widely offered on children's menus. Further, in previous dietary research children's consumption of restaurant meals was associated with a greater intake of calories, saturated fat, total sugars, and sugary drinks compared to their intake on days when they don't consume restaurant foods.<sup>19</sup> Food consumed away from home also has lower nutrient density (less calcium, iron, and dietary fiber) compared to meals prepared at home.<sup>20</sup> Restaurants can influence children's food preferences and habits, yet few restaurants serve foods and beverages that encourage healthy eating habits. Instead, restaurants often offer fried chicken, burgers, fried potatoes, and soft drinks.<sup>21</sup> In addition, many restaurants bundle sugar-sweetened beverages with children's meals or make them the "default option" and automatically include them with the meal. As a result, children become accustomed to sugary drinks on children's menus.

Sugary drinks, such as soda, lemonade, sports drinks, and fruit-flavored drinks are the leading source of added sugars in U.S. children's diets.<sup>22</sup> The majority of U.S. residents exceed recommendations for added sugars intake,<sup>23</sup> including children. On average, 57-61 percent of children ages 2-4, 77-80 percent of children ages 5-8, and 78-79 percent of children ages 9-13 exceed the daily added sugars limit recommended by the Dietary Guidelines for Americans (DGA).<sup>24</sup> The most recent DGA does not consider sugar-sweetened beverages necessary in the child or adolescent diet and encourages children to decrease consumption of sugar-sweetened beverages to achieve a healthy dietary pattern.<sup>25</sup> Increased consumption of added sugars and sugary drinks in childhood can increase the risk of dental caries<sup>26,27</sup> and weight gain.<sup>28</sup> Furthermore, a systematic review of scientific evidence found that weight gain in childhood can increase susceptibility to cardiovascular disease in adulthood.<sup>29</sup>

Research on the impact of defaults in many fields (including organ donation,<sup>30</sup> retirement savings,<sup>31</sup> and food choices<sup>32</sup>) indicates that people frequently stick with default options. Restaurants can leverage default menu options to improve the healthfulness of their offerings to children. The American Academy of Pediatrics recommends that policies that make healthy beverages the default children's option should be widely adopted and followed in order to reduce children's sugary drink intake.<sup>33</sup> Over the past decade, several restaurants have voluntarily removed sugary drinks from their children's menus, and more than two dozen states and localities have passed healthy kids' meals policies that require restaurants to offer healthy beverages to kids as the default.<sup>34</sup>

Given the ongoing efforts to improve beverage offerings to children, this study aimed to assess whether there have been any voluntary improvements to children's beverage offerings at chain restaurants. This report investigates the children's beverage offerings at the top 200 chain restaurants as ranked by revenue in 2021 and compares those findings to 2019 data. It also evaluates the changes in children's beverage offerings over time by comparing the results for the top 50 restaurant chains ranked by revenue in 2008, 2012, 2016, 2019, and 2021. Furthermore, we present how children's beverage offerings at particular restaurants have changed over time by examining kids' sugary drink availability in 2008 and 2021 at the chains that were present in the top 50 in both years, and in 2019 and 2021 at the chains that were present in the top 200 in both years. We collected additional data through online ordering to compare how beverage offerings to children may differ depending on the ordering setting and to inform future investigations that may include online ordering methods.

## Methods

We examined children's beverage offerings at the top 200 restaurants, as ranked by 2020 revenue data obtained from Nation's Restaurant News Top 500 2021 list.<sup>35</sup> We collected data from these restaurants between September 2021 and April 2022. We defined children's beverages as beverages that were explicitly offered to children, such as in the name of the size of beverage (e.g., "kids' size"), in the name of the menu section (e.g., "kids' drinks"), or drinks bundled with a kids' meal. If a chain did not offer beverages that met at least one of these criteria or if it had a children's menu, but did not sell children's drinks, information on specific beverage offerings was not recorded.

We first examined national menus available on each restaurant chain's website. If a national menu was unavailable, we contacted the restaurant's customer relations department to inquire about beverage offerings. The research assistant utilized a simple, standardized script to determine the availability of kids' size drinks and specific beverage offerings. If this did not yield the necessary information, we called five random U.S. locations for each restaurant to ask what beverages their children's menus or menu boards listed. In these instances, the research assistant used a random zip code generator to identify restaurant locations and a script to determine kids' beverage offerings. The research assistant recorded the responses from each restaurant location separately. If the beverage options varied among the five locations (a 2-3 split), a restaurant chain was not included in our analysis of that beverage category.

We evaluated menus for the presence or absence of a children's menu, the presence or absence of children's beverage offerings, and the type of children's beverage offerings. In our analysis, we characterized beverage offerings by type: low-fat milk (fat-free or 1%, including flavored milk); high-fat milk (2% or whole milk, including flavored milk); juice (100% juice or juice diluted with water with no added sweetener); water or seltzer (with no added sweetener); and sugary drinks (soda, lemonade, sugar-sweetened fruit-flavored drinks, sports drinks, coffee and tea with added caloric sweetener, and other beverages with added sugars).

## WEIGHTING BY NUMBER OF RESTAURANT OUTLETS

As in our 2019 report, beverage offering findings were also weighted by the total number of outlets (individual restaurant locations) of all top 200 chains examined in this report. We obtained outlet information for our 2021 data collection primarily from Nation's Restaurant News Top 200 2020 Report,<sup>36</sup> which included data from the 2019 fiscal year, the most recent year for which outlet information was available at the time of data analysis. However, 28 restaurant chains that ranked in the top 200 in 2021 were not present on the Nation's Restaurant News Top 200 2020 Report. We substituted outlet information for 20 of these chains from the Restaurant Business Top 500 2021 ranking,<sup>37</sup> which also provided outlet information for the 2019 fiscal year. For the remaining eight chains, we contacted customer service and asked for outlet information for the 2019 fiscal year. One chain responded to our inquiries. Outlet information for the remaining chains was obtained from the location information available on each chain's website in November 2022.

We obtained outlet information for the 2019 analysis from a single source, the Nation's Restaurant News 2017 Top 200 Restaurants list.<sup>38</sup>

**Table 2.** Source of Outlet Information by Year

Outlet Data Source	2019	2021
Nation's Restaurant News	200 chains	172 chains
Restaurant Business	-	20 chains
Restaurant Website	-	7 chains
Email to Company	-	1 chain

## CHANGES OVER TIME

In order to gain an understanding of how children's beverage offerings have changed in particular chains over time, we compared the top 50 chains in 2008 to the top 50 chains in 2021, and the top 200 chains in 2019 to the top 200 chains in 2021, using data from our previous reports.

For the top 50 chain analysis, we identified which restaurant chains were present in the top 50 restaurants in both 2008 and 2021 and assessed changes in sales practices over time. An identical procedure was followed for the 2019 and 2021 top 200 comparisons.

## DATA COLLECTION USING ONLINE ORDERING

Given the increase in online ordering from restaurants during the COVID-19 pandemic,<sup>39</sup> we were interested in comparing the beverage offerings on children's menus as they may appear in the restaurant and as they appear online. Therefore, for the first time in this series of reports, we collected additional data from all 200 restaurant chains when online ordering was available directly through the restaurant's website. We did not include menus only available on a restaurant's mobile application or a third-party platform. We collected identical data as in our non-online data collection by examining online ordering menus from five random locations of each restaurant chain, selected via a random zip code generator. We compared the level of agreement between data collected from online ordering to the data collected from the primary method of data collection.

## Results

### BEVERAGE OFFERINGS BY TOTAL CHAINS AND TOTAL OUTLETS

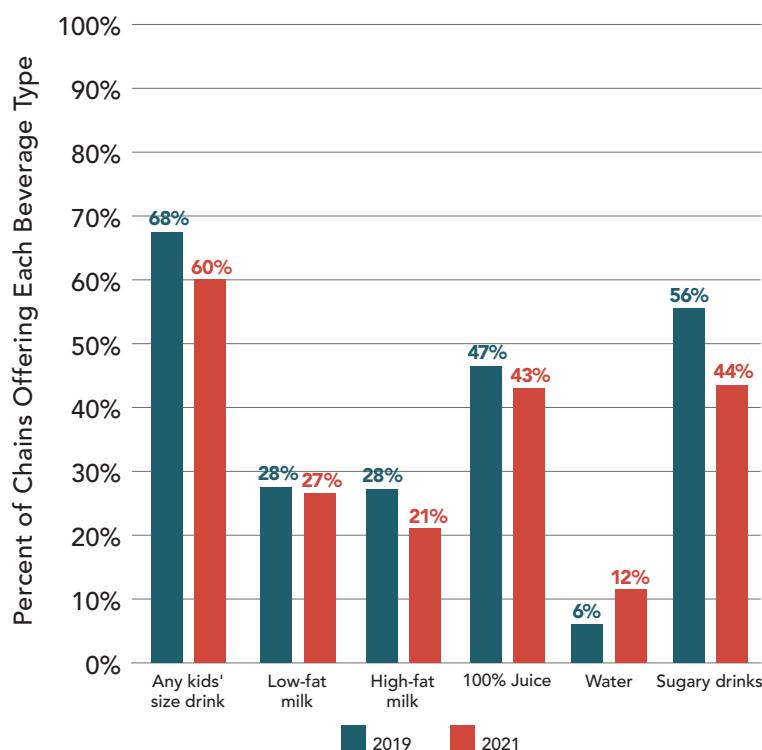
Of the top 200 restaurant chains in 2021, 119 (60 percent) offered kids' size beverages. The most commonly offered kids' beverage was sugary drinks; 87 chains (44 percent) offered sugary drinks to children (Figure 3). The other children's drinks most commonly offered at these chains were 100% juice (43 percent of chains), low-fat milk (27 percent), high-fat milk (21 percent), and water (12 percent). Thirty-two chains offered kids' size beverages but did not offer sugary drinks to kids. The most commonly offered beverage among chains that did not offer sugary drinks was 100% juice (23 chains). When the sample of chains is restricted to only the 119 chains with children's beverage offerings, sugary drinks are still the most commonly offered beverage (87 chains or 74 percent).

In contrast, in 2019, 68 percent (135 chains) of the top 200 chains offered kids' size drinks. Among the top 200 restaurant chains in 2019, 111 chains (56 percent) offered sugary drinks to children (Figure 3). Other drinks were offered at fairly similar rates in 2019 and 2021. The other children's drinks most commonly offered in 2019 were 100% juice (47 percent of chains) and low-fat and high-fat milk (both 28 percent). The least common children's drink offering was water, with 12 chains (6 percent) offering the beverage. Twenty-three chains offered kids' size drinks but did not offer sugary drinks to kids in 2019. The most

commonly offered beverage among these chains was low-fat milk (19 chains). When the sample of chains is restricted to only the 135 chains with kids' beverage offerings, sugary drinks remain the most common beverage offering (83 percent of 135 chains)

In both 2019 and 2021, sugary drinks were the most common children's beverage offering at the top 200 restaurant chains, followed by 100% juice. Both high-fat milk and low-fat milk were offered less frequently in 2021 compared to 2019, although low-fat milk availability only declined by one percent in 2021. The availability of water increased in 2021 from 2019, yet it remains the least common beverage offered to children.

**Figure 3.** Kids' Size Beverage Offerings at Top 200 Restaurant Chains in 2019 and 2021

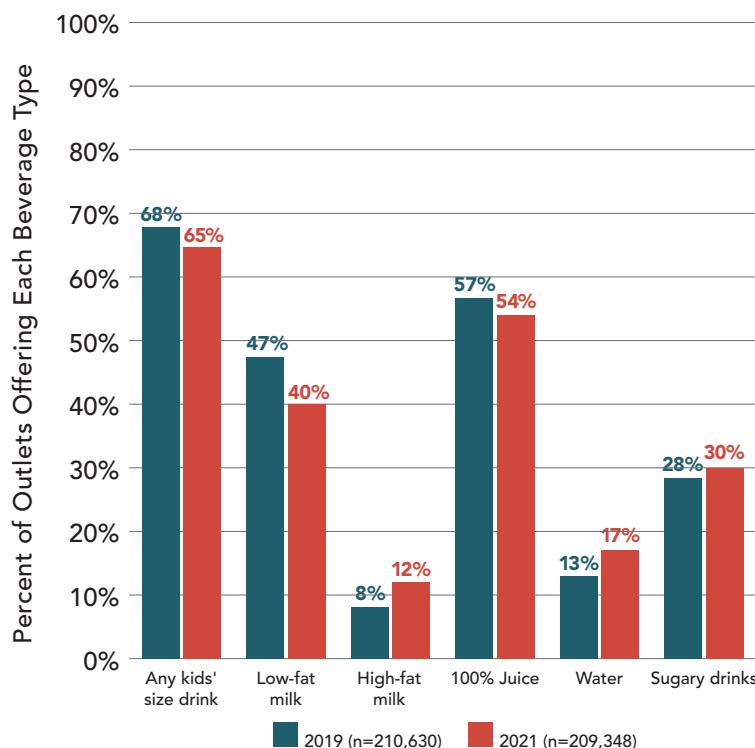


The top 200 chains had a total of 209,348 outlets (median= 338, range= 33–23,801) in 2021. Of these outlets, 135,379 (65 percent) offered kids' size drinks (Figure 4). The most commonly offered children's beverage by total outlets was 100% juice (112,426 outlets, 54 percent). The next most commonly offered beverages were low-fat milk (83,888 outlets, 40 percent), sugary drinks (62,770 outlets, 30 percent), water (34,583 outlets, 17 percent), and high-fat milk (25,930 outlets, 12 percent). If the sample of outlets is restricted only to the 135,379 outlets that offered kids' drinks, 100% juice is the beverage most commonly offered to children (83 percent of 135,379 outlets) and sugary drinks were offered at 46 percent of these outlets.

In contrast, the top 200 chains in 2019 had a total of 210,630 outlets (median= 308, range= 12–26,744). Of the total outlets in 2019, 142,747 outlets (68 percent) offered kids' size drinks (Figure 4). Most drinks were offered by fairly similar percentages of outlets in both 2019 and 2021. The most commonly offered children's beverage by total outlets in 2019 was 100% juice (141,185 outlets, 57 percent). The next most commonly offered beverage was low-fat milk (99,964 outlets, 47 percent), followed by sugary drinks (59,674 outlets, 28 percent), water (27,411 outlets, 13 percent), and high-fat milk (17,207 outlets, 8 percent). If the sample of outlets is restricted only to the 142,747 outlets with children's beverage offerings, 100% juice is the most commonly offered kids' drink (85 percent of 142,747 outlets) and sugary drinks were offered at 42 percent of these outlets.

In both 2019 and 2021, 100% juice was the most common children's beverage offering at the top 200 restaurant outlets, followed by low-fat milk, sugary drinks, and water. The availability of high-fat milk increased in 2021 from 2019, yet it remains the least common beverage offered to children by outlets. In general, healthier beverages like 100% juice and low-fat milk are available more frequently and sugary drinks are available less frequently when beverage offerings are examined by total outlets rather than total chains. This indicates that chains with a greater number of outlets are offering healthier beverages more often and sugary drinks less often than chains with fewer outlets.

**Figure 4.** Kids' Size Beverage Offerings at Top 200 Restaurant Outlets in 2019 and 2021



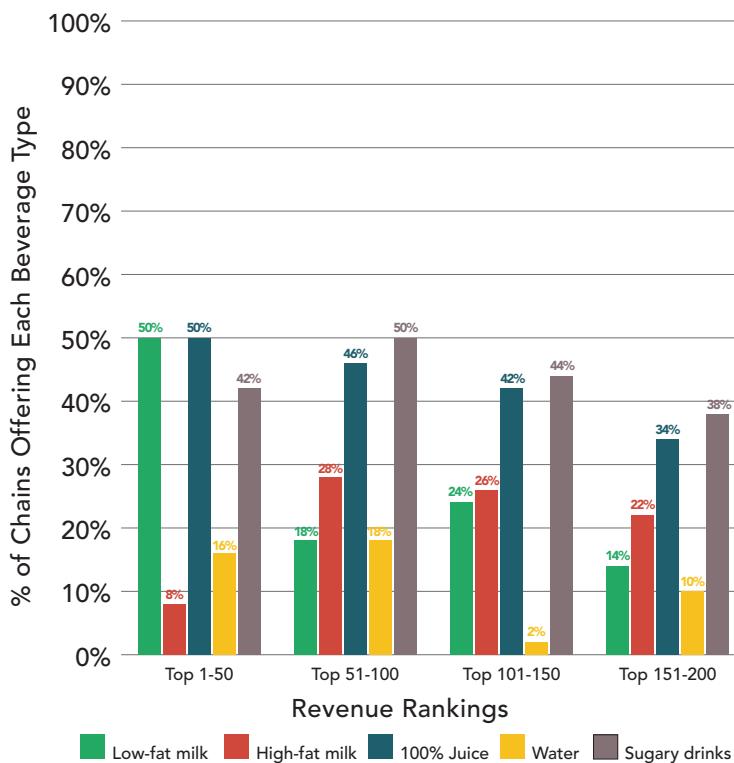
In 2021, 100 chains (50 percent) offered kids' size beverages bundled with a children's meal, 17 chains (9 percent) offered kids' size beverages a la carte, and 2 chains (1 percent) offered kids' size beverages without offering children's food.

## BEVERAGE OFFERINGS BY REVENUE GROUPING

We also compared the beverage offerings at the chains that were ranked in the top 1-50, 51-100, 101-150, and 151-200 in 2021, as ranked by revenue. In the 1-50 tier, both low-fat milk and 100 percent juice were the most commonly offered beverages, available at 25 chains (50 percent) (Figure 5). Sugary drinks were offered less frequently at chains in the 1-50 grouping, available at 21 chains (42 percent). Water was available at 8 chains (16 percent) and high-fat milk was available at 4 chains (8 percent) in the 1-50 revenue grouping. Among chains ranked 51-100, 101-150, and 151-200, sugary drinks are the most commonly offered beverage, followed by 100% juice, high-fat milk, and low-fat milk, with water being offered the least frequently among these revenue groupings.

Sugary drinks are therefore fairly common across all revenue groupings, without any clear trends. Low-fat milk was offered more frequently than high-fat milk among chains ranked 1-50 than other revenue groupings, whereas high-fat milk is offered more frequently than low-fat milk at chains ranked 51-100, 101-150, 151-200 than the top 50. The number of chains offering 100% juice decreases as revenue ranking decreases.

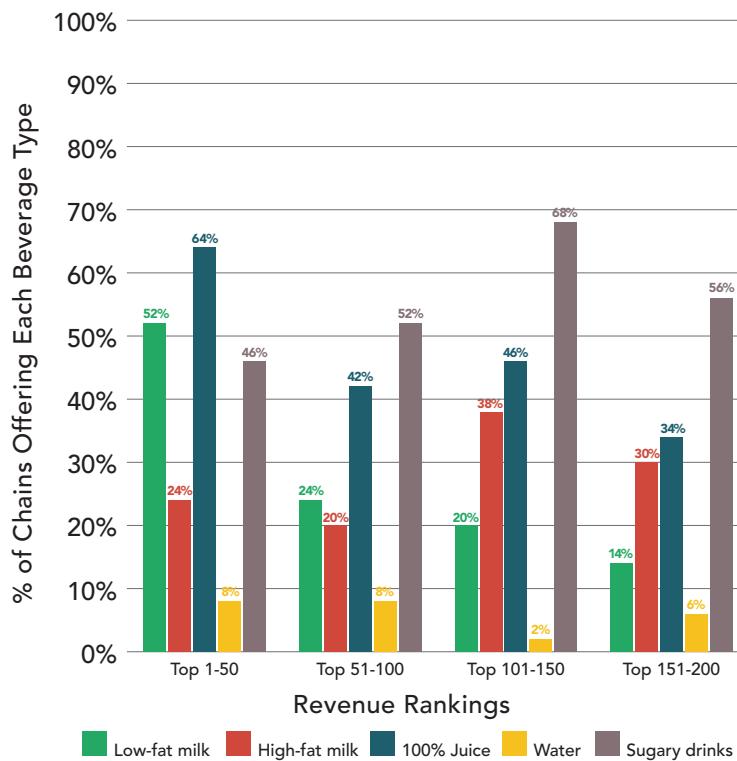
**Figure 5. Kids' Size Beverage Offerings at the 2021 Top 200 Restaurants as Grouped by Revenue Rankings**



We reanalyzed results from 2019 in order to compare the beverage offerings at the chains in the top 1-50, 51-100, 101-150, 151-200 chains in 2019 as ranked by revenue (Figure 6). In the 1-50 grouping, 100% juice was the most common children's beverage offering, available at 32 chains (64 percent). Low-fat milk was the second most common children's beverage offering among chains ranked 1-50, available at 26 chains (52 percent). Among chains ranked in the 51-100, 101-150, and 150-200 groupings, sugary drinks were the most commonly offered children's beverage in each grouping, followed by 100% juice. Low-fat milk was the third most commonly offered kids' drink among chains ranked 51-100 (12 chains, 24 percent), but high-fat milk was the third most commonly offered kids' beverage at chains ranked 101-150 (19 chains, 38 percent) and chains ranked 151-200 (15 chains, 30 percent).

Sugary drinks and 100% juice are common across all revenue groupings in 2019, without any clear trends. Low-fat milk was offered more frequently among chains ranked 1-50 and declined as revenue ranking decreased. High-fat milk was offered more frequently at chains ranked above 100 compared to chains ranked 1-50, but availability did not increase consistently. Water was an uncommon offering across all revenue groupings.

**Figure 6.** Kids' Size Beverage Offerings at the 2019 Top 200 Restaurants as Grouped by Revenue Rankings



In both 2019 and 2021, the top 50 offered healthier beverages like 100% juice and low-fat milk more frequently than chains ranked in the top 51-100, 101-150, and 151-200, where sugary drinks are the most common beverage offering. Across all revenue groupings, sugary drink availability decreased in 2021 compared to 2019 and water availability increased in all but one revenue grouping (101-150) in 2021 compared to 2019. While 100% juice is still a common beverage offering among the top 50 chains in 2021, its availability decreased from 2019 to 2021.

## CHANGES IN KIDS' SUGARY DRINK AVAILABILITY OVER TIME

Our previous beverage analyses have largely focused on the top 50 chain restaurants. In 2008, 26 (52 percent) of the top 50 chains offered sugary drinks to kids. The proportion of top 50 chains offering sugary drinks to children increased to 31 chains (62 percent) in 2012, but declined steadily across our 2016 (28 chains, 56 percent) and 2019 (23 chains, 46 percent) analyses (Figure 2). While the number of top 50 chains offering sugary drinks to kids in 2021 fell to 21 chains (42 percent), this improvement is not as substantial as the improvement between 2016 and 2019.

## CHANGES IN KIDS' SUGARY DRINK AVAILABILITY BY PARTICULAR CHAINS OVER TIME

Thirty-eight chains were ranked within the top 50 in both 2008 and 2021. Of these, all but Subway (97 percent) offered sugary drinks to kids in 2008. By 2021, only 11 of these 38 chains (29 percent) offered sugary drinks to children (Appendix A). Thus, the change in sugary drink sales in the top 50 chains is mostly the result of chains choosing to no longer sell such drinks, not of changes in the composition of the top 50.

One-hundred and sixty-five chains were ranked in the top 200 in 2019 and 2021. One hundred and forty-six (88 percent) offered sugary drinks to kids in 2019 compared to 138 chains (84 percent) in 2021 (Appendix B).

Six chains (Burger King, Wendy's, Olive Garden, Red Lobster, Carl's Jr., and Qdoba) did not offer sugary drinks to kids in 2019 but did offer sugary drinks to kids in 2021. The revenue rankings of these chains ranged from 5th (Wendy's) to 62nd (Qdoba), with five of the six chains in the top 50 in 2021. These six chains had a collective 16,565 outlets in 2021, 8 percent of the 209,348 outlets offering kids' size beverages in 2021.

Fourteen chains (Applebee's, Bahama Breeze, Black Bear Diner, Bojangles, Boston Market, Chick-fil-A, Cooper's Hawk Winery & Restaurant, Del Taco, Firehouse Subs, Hardee's, Noodles & Company, Pollo Tropical, Popeyes Louisiana Kitchen, and Sonic Drive-In) offered sugary drinks to kids in 2019, but no longer offered sugary drinks to kids in 2021. The revenue rankings for these chains ranged from 4th (Chick-fil-A) to 145th (Black Bear Diner) in 2021, with six chains ranked in the top 50 and the remaining 8 chains ranked between 50 and 145. These fourteen chains had a collective 15,675 outlets in 2021, 7 percent of the 209,348 outlets in 2021.

## ONLINE ORDERING IN 2021

One-hundred seventy-eight chains in the top 200 list provided online ordering platforms directly on their websites. One-hundred eleven chains offered kids' size drinks through online ordering. Of the top 200 chains in 2021, 87 chains (44 percent) offered sugary drinks to kids through online ordering (Table 3), the same fraction as for in-store.

**Table 3. In-Store vs. Online Sugary Drink Availability at 2021 Top 200 Restaurant Chains**

		Online Kids' Size Beverage Offerings			
		No SSBs	SSBs	No Online Offering	Total
In-Store Kids' Size Beverage Offerings	No SSBs	14	14	4	32
	SSBs	7	67	13*	87
	No In-Store Offering	3	6	72**	81
	Total	24	87	89	200

\*includes chains that did not offer online ordering through their own website and chains where kids' drinks were not offered online

\*\*includes chains where kids offerings were not consistently offered in-store or online

Overall, while the same number of chains offered sugary drinks to kids online as in-store, these are not consistently the same restaurant chains. Notably, half of the chains with online ordering on their own website that did not offer sugary drinks to kids in-store offered sugary drinks to kids through online ordering.

## Discussion and Recommendations

Since we first started examining beverage offerings at restaurants in 2008, the number of top 50 chains offering sugary drinks to children has decreased from an all-time high of 31 chains (62 percent) in 2012 to 21 chains (42 percent) in 2021. However, progress among the top 50 has been minimal since 2019, when 23 top 50 chains offered sugary drinks to kids.

The number of top 200 chains offering sugary drinks to children has also decreased since we first started collecting data on the top 200 in 2019, down from 56 percent of chains in 2019 to 44 percent of chains in 2021. Sugary drinks are offered less frequently when beverage availability is evaluated by total outlets (30 percent of outlets in 2021) compared to total chains (44 percent of chains in 2021). However, the total percentage of top 200 outlets (and the number of outlets) offering sugary drinks to children has increased from 28 percent in 2019 (59,674 of 210,630 outlets) to 30 percent (62,770 of 209,348 outlets) in 2021.

Sugary drinks were offered less frequently across all revenue groupings in 2021 compared to 2019. Water, although infrequently offered, became available more frequently at all revenue groupings beside chains ranked 101-150, where availability remained the same.

There has been progress among the 165 chains present in the top 200 in both 2019 and 2021, with fewer of these chains offering sugary drinks in 2021 compared to 2019. Fourteen chains dropped sugary drink offerings to kids in 2021, the majority of which fell outside of the top 50. However, as previously indicated, six large chains that did not offer sugary drinks to kids in 2019 offered sugary drinks to kids in 2021.

We contacted these six chains in November 2022 to better understand why these changes to their kids' beverage offerings may have occurred. Olive Garden shared a copy of its current in-store children's menu, which does not include sugary drinks as a children's beverage offering. Wendy's shared that its current in-store menu should not list sugary drinks. Similarly, Burger King shared that its menu boards do not currently offer sugary drinks. We did not receive a response from Red Lobster, Carl's Jr., or Qdoba.

Furthermore, while the same number of chains offer sugary drinks to kids online as in-store, these are not always the same restaurants. Many chains that did not offer sugary drinks to kids in-store made them available through online ordering. Fewer top 200 chains did not offer sugary drinks to kids through online ordering (24 chains) compared to chains that did not offer sugary drinks to kids in-person (32 chains).

Overall, these data suggest that while the largest chains may have driven progress on kids' beverages in the past, that progress may be slowing down. Fewer chains offered sugary drinks to kids in 2021 than in years past. Furthermore, sugary drinks were offered less frequently when beverage availability was examined by total outlets compared to total chains in 2021, which indicates that chains with a greater number of outlets offer sugary drinks to kids less frequently than chains with fewer outlets. However, the number and percentage of total outlets offering sugary drinks to kids increased in 2021 compared to 2019. The reintroduction of kids' size sugary drinks at several top 50 chains in 2021 drove this increase, and overshadowed the improvements made by chains with smaller revenues and fewer outlets. In summary, while fewer top 200 restaurant brands offered sugary drinks to kids, more top 200 restaurant locations offered sugary drinks to children in 2021.

## RECOMMENDATIONS

Dining at restaurants that have swapped sugary drinks for healthier beverages like low-fat milk and water as the default children's drink is associated with children being more likely to receive a healthier beverage.<sup>40,41</sup> To promote children's health, all restaurants should drop sugary drink offerings to children from all menus, including soda, lemonade, and fruit-flavored sugary drinks like fruit punch and sweetened smoothies. Many of the top restaurant chains do not currently offer sugary drinks to kids (Table 1), and the National Restaurant Association's updated Kids LiveWell program now requires participating restaurants to offer healthy default beverages (water, milk, and/or juice) to children.<sup>42</sup> These data demonstrate that the removal of sugary drink offerings to children is feasible and sustainable for businesses.

Online ordering from restaurants increased during the COVID-19 pandemic. Sales on food delivery platforms in the United States increased by roughly 100 percent between 2018 and 2020.<sup>43</sup> In early 2020, sales on food delivery platforms increased rapidly, reaching over 450 percent of 2018 levels by the end of the year.<sup>44</sup> A survey of 550 people in mid-2020 found that 52 percent of consumers ordered food for delivery at least once a month and 68 percent of consumers reported ordering takeout at least once a month, both a 14 percent increase over pre-pandemic levels.<sup>45</sup> A survey of 1,000 consumers in September of 2021 found that 61 percent of consumers reported ordering delivery or take out at least once a week, an increase from 29 percent in 2020 and 18 percent in 2019.<sup>46</sup> With this increase in online ordering, it is important that restaurants that no longer offer sugary drinks in-store also not offer them online. However, we found that half of the chains that offered online ordering on their website and did not offer sugary drinks to kids through our non-online ordering data collection did offer sugary drinks for kids through online ordering. Restaurants should ensure that the removal of kids' size sugary drink offerings is reflected in all ordering environments in-person and online, as Panera has.

### Kid's Beverages



**Horizon Reduced Fat Organic White Milk**

110 Cal · \$2.39

**Add**



**Horizon Reduced Fat Organic Chocolate Milk**

150 Cal · \$2.39

**Add**



**Organic Apple Juice**

110 Cal · \$2.39

**Add**

Panera did not offer sugary drinks to children through our non-online ordering data collection or through online ordering. This image is pulled from their online ordering menu.

Given that the online environment does not allow customers to interface with restaurant employees, restaurants may be interested in providing more options to children through online ordering than they might on a menu in-store to allow for substitutions that may occur in-person. In this case, restaurants should design their online ordering environments to encourage purchase of healthier options. For example, Chick-fil-A automatically includes low-fat milk in its kids' meals when a customer is ordering online. Customers have to click through two different web pages in order to select a kids' beverage other than low-fat milk.



**5 ct Chick-fil-A® Nuggets** Edit

160 cal



**Buddy Fruits® Apple Sauce** Edit

45 cal



**1% Milk** Edit

90 cal



**No Toy** Edit

**5 Ct Nuggets Kid's Meal**

\$6.19 | 295 cal

- 1 +

**Add to order**

When a customer orders a kids' meal online at Chick-fil-A, they can select the entree, side, and "surprise," but low-fat milk is preselected for the beverage. Customers must click through two different webpages to select a different beverage.



**1% Milk**

\$6.19 | 90 cal  
meal price

[Change beverage](#) [Update beverage](#)

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Coca-Cola®



Diet Coke®



Coke® Zero Sugar



Coca-Cola® Cherry



Sprite®



Dr Pepper®

In addition to removing sugary drink offerings to children, restaurants should improve their food offerings to children, which often include fried foods, burgers, and grilled cheese.<sup>47</sup> Restaurants may opt to improve their offerings to children through a comprehensive internal policy, similar to what McDonald's has done,<sup>48</sup> by requiring all kids' meal combinations offered on the menu to meet standards for calories, saturated fat, sodium, and added sugars.<sup>49</sup> Restaurants may also participate in the National Restaurant Association's Kids LiveWell program, which requires participants to offer healthy default beverages and at least two meals and two side dishes that meet the program's nutrition standards on their children's menus.<sup>50</sup>

Healthy default beverage policies are not only supported by the restaurant industry but have support from the beverage industry as well. The American Beverage Association and its member companies, The Coca-Cola Company, PepsiCo, and Keurig Dr Pepper have expressed support for efforts to require healthy default beverage for kids and pledged to work with restaurants seeking to implement a voluntary policy.<sup>51</sup>

Despite progress, many top restaurants still offer sugary drinks to kids. As a result, communities are passing policies to protect children's health and improve child nutrition. California, Delaware, Hawaii, and Illinois have passed policies requiring restaurants to serve healthy default beverages with kids' meals.<sup>52</sup> Over two dozen localities have passed similar policies to improve restaurant kids' meals.<sup>53</sup> In 2020, Prince George's County, MD became the first locality to pass a policy requiring restaurants to serve healthy default beverages, healthy default sides, and at least one meal that meets expert nutrition standards.<sup>54</sup> Montgomery County, MD passed a similar policy in early 2022.<sup>55</sup> Jurisdictions seeking to improve children's health in their communities should consider more comprehensive kids' meals policies that address the entire kids' menus instead of components of the meals or a few meal combinations.

While some restaurant chains have dropped sugary drink offerings to children since our last report, the proportion of top 200 restaurant outlets offering sugary drinks to children has remained stagnant or even worsened. In addition, many chains offer sugary drinks to kids through online ordering on their website, even when they do not do so in-store. Restaurants should commit to removing sugary drinks from their children's offerings on all platforms, including third-party apps, which were not the focus of this study.

## LIMITATIONS

This study is limited by several factors. First, the data collection methods used in this study represent our best efforts to identify what beverages are offered to children when visiting a physical restaurant location but do not assess actual purchases. Second, our data collection methods, particularly contacting customer service or physical restaurant locations, introduce the possibility of human error.

In addition, the National Restaurant Association announced its updated Kids LiveWell in November 2021.<sup>56</sup> Participants in the original program were required to recertify their meals by January 1, 2022.<sup>57</sup> Data collection for this report began before the updated program was announced and continued after it was announced and restaurants were expected to implement any changes. Several additional restaurant chains joined Kids LiveWell in September 2022,<sup>58,59</sup> after data collection for this report had concluded. As a result, our data may not fully reflect menu changes made by participating restaurants.

**Appendix A:** Changes in Sugary Drink Offerings at Top 50 Ranked Chains in 2008 and 2021

Chains Present in Top 50 in 2008 and 2021		Chains with Kids' Drinks in 2008 (Ranked in 2008 and 2021)	Chains with Kids' Drinks in 2021 (Ranked in 2008 and 2021)	Restaurants with Kids' Drinks in 2008 not Ranked in 2021	Restaurants with Kids' Drinks in 2021 not Ranked in 2008	Restaurants Ranked in 2008 without adequate information to assess beverage offerings
Applebee's	Outback Steakhouse	Applebee's	Applebee's	KFC	Starbucks	Buffalo Wild Wings
Arby's	Panda Express	Arby's	Arby's	Bob Evans	Bojangles	Cracker Barrel
Buffalo Wild Wings	Panera Bread	Burger King	Burger King	IHOP	Carl's Jr.	Perkins
Burger King	Papa John's	Chick-fil-A	Chick-fil-A	Quizno's Sub	Chipotle	Texas Roadhouse
Carl's Jr.	Pizza Hut	Chili's	Chili's	Ruby Tuesday	Culver's	
Chick-fil-A	Popeyes	Dairy Queen	Dairy Queen	Taco Bell	Jersey Mike's	
Chili's	Red Lobster	Denny's	Denny's		Longhorn Steakhouse	
Chipotle	Red Robin	Hardee's	Hardee's		Panera Bread	
Cracker Barrel	Sonic Drive-In	Jack in the Box	Jack in the Box		Raising Cane's	
Dairy Queen	Starbucks	McDonald's	McDonald's		The Cheesecake Factory	
Denny's	Subway	Olive Garden	Olive Garden		Waffle House	
Domino's	Taco Bell	Outback Steakhouse	Outback Steakhouse		Zaxby's	
Dunkin'	Texas Roadhouse	Panda Express	Panda Express			
Golden Corral	TGI Fridays	Popeyes	Popeyes			
Hardee's	Waffle House	Red Lobster	Red Lobster			
IHOP	Wendy's	Red Robin	Red Robin			
Jack in the Box	Whataburger	Sonic	Sonic			
KFC		Subway	Subway			
Little Caesars		TGI Friday's	TGI Friday's			
McDonald's		Wendy's	Wendy's			
Olive Garden		Whataburger	Whataburger			

**LEGEND:**

red, indicates restaurant did offer SSBs

green, indicates restaurant did not offer SSBs

**Appendix B:** Changes in Sugary Drink Offerings at Top 200 Ranked Chains in 2019 and 2021

Chains Present in Top 200 in 2019 and 2021		Chains with Kids' Drinks in 2019 (Ranked in 2019 and 2021)	Chains with Kids' Drinks in 2021 (Ranked in 2019 and 2021)	Restaurants with Kids' Drinks in 2019 not Ranked in 2021	Restaurants with Kids' Drinks in 2021 not Ranked in 2019
A&W	Panera Bread	A&W All American Food	A&W Restaurants	Bar Louie	Biggby Coffee
Applebee's	Papa John's	Applebee's Neighborhood Grill & Bar	Applebee's	Bertucci's Italian Restaurant	Bill Miller Bar-B-Q
Arby's	Papa Murphy's	Arby's	Arby's	Brio Tuscan Grille	Bonefish Grill
Au Bon Pain	Peet's Coffee & Tea	Bahama Breeze	Bahama Breeze	Bubba Gump Shrimp Co.	Bucca Di Beppo
Auntie Anne's	Pei Wei	Beef "O" Brady's Family Sports Pub	Beef'O'Brady's	Café Rio Mexican Grill	BurgerFi
Bahama Breeze	Penn Station East Coast Subs	Benihana of Tokyo	Benihana	Chuck E Cheese's	Chicken Salad Chick
Baskin-Robbins	Perkins	Big Boy/ Frisch's Big Boy	Big Boy/Frisch's	Claim Jumper	Dutch Bros Coffee
Beef'O'Brady's	Pizza Hut	BJs Restaurant and Brewhouse	BJ's	Cracker Barrel Old Country Store	Firebirds Wood Fired Grill
Benihana	Pizza Ranch	Black Bear Diner	Black Bear Diner	Donatos Pizza	Jack's Family Restaurants
Big Boy/Frisch's	Pollo Tropical	Bob Evans	Bob Evans	Fuddruckers	LaRosa's
BJ's	Popeyes Louisiana Kitchen	Bojangles' Famous Chicken 'n Biscuits	Bojangles	Hard Rock Café	Lazy Dog Restaurant & Bar
Black Bear Diner	Portillo's	Boston Market	Boston Market	Hooters	Mr. Hero
Blaze Pizza	Potbelly	Braum's Icecream and Dairy Stores	Braum's	IHOP	Roosters Wings
Bob Evans	Pret A Manger	Buffalo Wild Wings Grill & Bar	Buffalo Wild Wings	Joe's Crab Shack	Shake Shack
Bojangles	Qdoba	Burger King	Burger King	Johnny Rockets	The Coffee Bean and Tea Leaf
Bonefish Grill	Raising Cane's	California Pizza Kitchen	California Pizza Kitchen	KFC	Walk-Ons Bistreaux & Bar
Boston Market	Red Lobster	Captain D's Seafood Kitchen	Captain D's	Kona Grill	White Castle
Braum's	Red Robin	Caribou Coffee	Caribou Coffee	Legal Sea Foods	
Bruegger's	Round Table Pizza	Carl's Jr.	Carl's Jr.	Luby's Cafeteria	
Bucca Di Beppo	Rubio's	Carrabba's Italian Grill	Carrabba's	McCormick & Schmick's	

Buffalo Wild Wings	Ruby Tuesday	Charleys Philly Steaks	Charleys Philly Steaks	Ninety Nine Restaurant & Pub
Burger King	Ruth's Chris Steak House	Cheddar's Scratch Kitchen	Cheddar's Scratch Kitchen	Old Chicago Pizza & Taproom
Café Rio	Saltgrass Steak House	Chick-fil-A	Chick-fil-A	Peet's Coffee & Tea
California Pizza Kitchen	Sarku Japan	Chili's Grill & Bar	Chili's	Penn Station East Coast Subs
Captain D's	Sbarro	Chipotle Mexican Grill	Chipotle	Quiznos
Caribou Coffee	Schlotzsky's	Chuy's	Chuy's Restaurant	Rainforest Café
Carl's Jr.	Seasons 52	Cooper's Hawk Winery & Restaurant	Cooper's Hawk Winery & Restaurant	Romano's Macaroni Grill
Carrabba's	Shake Shack	Corner Bakery	Corner Bakery Café	Round Table Pizza
Charley's Philly Steaks	Shari's	Culver's	Culver's	Shari's Café and Pies
Cheddar's Scratch Kitchen	Shoney's	Dairy Queen	Dairy Queen	Sheetz
Chick-fil-A	Sizzler	Dave & Buster's	Dave & Buster's	Taco Bueno
Chili's	Smashburger	Del Taco	Del Taco	The Melting Pot
Chipotle	Smokey Bones	Denny's	Denny's	Uno Chicago Grill/Pizzeria Uno
Chuck E Cheese	Smoothie King	Dickey's Barbecue Pit	Dickey's Barbecue Pit	
Church's Chicken	Sonic Drive-In	El Pollo Loco	El Pollo Loco	
Chuy's	Sonny's BBQ	Famous Dave's	Famous Dave's	
Cicis	Starbucks	Fazoli's	Fazoli's	
Cold Stone Creamery	Steak N Shake	Firehouse Subs	Firehouse Subs	
Cooper's Hawk Winery & Restaurant	Subway	First Watch	First Watch	
Corner Bakery	Taco Bell	Fleming's Prime Steakhouse & Wine Bar	Fleming's Prime Steakhouse	
Cracker Barrel	Taco Cabana	Freddy's Frozen Custard & Steakburgers	Freddy's Frozen Custard & Steakburgers	
Culver's	Taco John's	Friendly's	Friendly's	
Dairy Queen	Texas Roadhouse	Hardee's	Hardee's	
Dave & Buster's	TGI Fridays	Huddle House	Huddle House	

Del Taco	The Capital Grille	Jack in the Box	Jack in the Box
Denny's	The Cheesecake Factory	Jamba Juice	Jamba
Dickey's Barbecue Pit	The Habit Burger Grill	Jason's Deli	Jason's Deli
Domino's	Tim Hortons	Jersey Mike's Subs	Jersey Mike's Subs
Donato's Pizza	Tropical Smoothie Café	Logan's Roadhouse	Logan's Roadhouse
Dunkin'	Twin Peaks	Long John Silver's	Long John Silver's
Einstein Bros. Bagels	Uno Pizzeria	Longhorn Steakhouse	Longhorn Steakhouse
El Pollo Loco	Village Inn	Maggiano's Little Italy	Maggiano's Little Italy
Famous Dave's	Waffle House	McAlister's Deli	McAlister's Deli
Fazoli's	Wendy's	McDonald's	McDonald's
Firehouse Subs	Whataburger	Miller's Ale House	Miller's Ale House
First Watch	Which Wich	Mimi's Café	Mimi's Bistro & Bakery
Five Guys	White Castle	Moe's Southwestern Grill	Moe's Southwestern Grill
Fleming's Prime Steakhouse	Weinerschnitzel	Newk's Eatery	Newk's Eatery
Fogo de Chao	Wingstop	Noodles & Company	Noodles & Company
Freddy's Frozen Custard & Steakburgers	Yard House	O'Charley's	O'Charley's
Friendly's	Zaxby's	Olive Garden	Olive Garden
Godfather's Pizza	Zoes Kitchen	On the Border Mexican Grill & Cantina	On the Border
Golden Corral	Checkers and Rally's*	Outback Steakhouse	Outback Steakhouse
Hardee's		P.F. Chang's	P.F. Chang's
Hooters		Panda Express	Panda Express
Huddle House		Panera Bread	Panera Bread
Hungry Howie's		Pei Wei Asian Diner	Pei Wei
IHOP		Perkins Restaurant & Bakery	Perkins
In-N-Out		Pollo Tropical	Pollo Tropical
Jack in the Box		Popeyes Louisiana Kitchen	Popeyes Louisiana Kitchen
Jamba		Potbelly Sandwich Shop	Potbelly
Jason's Deli		Qdoba Mexican Eats	Qdoba

Jersey Mike's	Raising Cane's Chicken Fingers	Raising Cane's
Jimmy John's	Red Lobster	Red Lobster
KFC	Red Robin Gourmet Burgers & Brews	Red Robin
Krispy Kreme	Rubio's Coastal Grill	Rubio's
Krystal	Ruby Tuesday	Ruby Tuesday
La Madeleine	Ruth's Chris Steakhouse	Ruth's Chris Steakhouse
Little Caesars	Saltgrass Steak House	Saltgrass Steak House
Logan's Roadhouse	Schlotzky's	Schlotzky's
Long John Silver's	Smashburger	Smashburger
Longhorn Steakhouse	Smokey Bones Bar & Fire Grill	Smokey Bones
Maggiano's Little Italy	Smoothie King	Smoothie King
Marco's Pizza	Sonic America's Drive-In	Sonic Drive-In
McAlister's Deli	Sonny's Real Pit Bar-B-Q	Sonny's BBQ
McDonald's	Starbucks Coffee	Starbucks
Melting Pot	Steak 'n Shake	Steak N Shake
Menchie's	Subway	Subway
Miller's Ale House	Taco Cabana	Taco Cabana
Mimi's	Taco John's	Taco John's
Moe's Southwest Grill	Texas Roadhouse	Texas Roadhouse
Morton's The Steakhouse	TGI Fridays	TGI Fridays
Newk's Eatery	The Cheesecake Factory	The Cheesecake Factory
Ninety Nine Restaurant & Pub	The Habit Burger Grill	The Habit Burger Grill
Noodles & Company	Tropical Smoothie Café	Tropical Smoothie Café
O'Charley's	Village Inn	Village Inn
Old Chicago Pizza	Waffle House	Waffle House
Olive Garden	Wendy's	Wendy's
On the Border	Whataburger	Whataburger

## LEGEND:

red, indicates restaurant did offer SSBs

green, indicates restaurant did not offer SSBs

\*Checker's and Rally's were listed as separate entities in the 2019 list, but one entity in the 2021 list. They are owned by the same company and serve the same food.

Outback Steakhouse	Which Wich Superior Sandwiches	Which Wich
P.F. Chang's	Yard House	Yard House
Panda Express	Zaxby's	Zaxby's

*Names of restaurant chains with kids' drinks ranked in 2019 and 2021 may vary slightly due to how they were reported in the Nation's Restaurant News rankings for those years.*

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