

# **The Impact of Changes in Beverage Options on Beverage Choice, Calorie and Added Sugars Consumption on a University Campus**

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## **ABSTRACT**

**Objective:** To understand how changes in beverage options at the University of Vermont impacted the beverage choices, and calorie and added sugars consumption of the campus community.

**Participants:** Nine vendors shipped bottled beverages to campus locations over three consecutive semesters.

**Method:** Using shipments as a proxy for consumption, changes in beverage choices, per capita calories, sugars, and added sugars shipped were compared across semesters.

**Results:** Per capita shipments of bottles, calories, sugars, and added sugars increased across the three semesters, although not significantly. Shipments of healthy beverages declined significantly ( $P < 0.001$ ) while shipments of less healthy beverages increased significantly ( $P = 0.002$ ). As bottled water sales dropped to zero, sales of sugar free beverages and sugar sweetened beverages increased significantly ( $P = 0.004$  and  $0.03$  respectively).

**Conclusion:** Applying a minimum healthy beverage ratio did not improve the healthfulness of consumers' beverage choices on the University of Vermont campus. Additionally, the removal of bottled water did not decrease the total shipments of bottles to campus and had a negative impact on the healthfulness of beverage choices.

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