

# SUGARY DRINKS ARE MAKING US SICK

The sugary drinks industry targets young people, parents, and communities of color to increase profits and brand loyalty despite scientific evidence that links sugary drinks to diseases including type 2 diabetes, heart disease, tooth decay, kidney disease, non-alcoholic liver disease, and gout.

- In the U.S., **2 in 3 children and 1 in 2 adults** consume at least **1 sugary drink a day**.



- Sugary drinks are the **#1 source of added sugars** in the American diet.
- Sugar in liquid form **does not make the body feel full**.
- Drinking too many sugary drinks increases the risk of **type 2 diabetes, heart disease and tooth decay**.

## How Much is Too Much?

The average American consumes about 17 teaspoons of added sugars a day, which is nearly 60 pounds a year. How much is too much?



The American Heart Association recommends no more than:

- **6 teaspoons** of added sugar per day for **women and children**
- **9 teaspoons** of added sugary per day for **men**



# Calculating How Much Sugar is in a Container

**Step 1:** Divide total grams of sugar by 4 to get teaspoons of sugar.

**Step 2:** Multiply teaspoons of sugar by the number of servings to get the total teaspoons of sugar in the container.

Example:

$27\text{g}/4=6.75\text{ tsp} \times 2.5 = 16.875$   
teaspoons of sugar in container

Nutrition Facts	
Servings Per Container	2.5
Serving Size: 8 fl. oz. (240 ml)	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat	0g 0%
Sodium	35mg 2%
Total Carbohydrate	27g 9%
Total Sugars 27g	
Includes 0g Added Sugars	
Protein	0g

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1

2

Nearly 7 tsp.  
of sugar per  
serving!

## Choose Healthy Drinks



- Drink tap, bottled, or unsweetened sparkling water, unsweetened low-fat milk or tea, or 100% fruit juice in limited amounts.
- Flavor plain or sparkling water by adding herbs, fruit, cucumber, watermelon or your favorite fruit.
- Carry a water bottle with you and refill it throughout the day.

