Too Much of a Sweet Thing

The American Heart Association recommends that women consume no more than 6 teaspoons and men no more than 9 teaspoons of added sugars per day. Even 20 oz. soda contains far more than that.

- 6 teaspoons added sugars = 120 calories
- 9 teaspoons added sugars = 180 calories

23 teaspoons added sugars consumed by average American per day

385 Calories consumed daily from added sugars by the average American

Burning those calories would take:
- Walking: 0.5 hours
- Basketball: 1 hour
- Biking: 0.5 hour
- Jogging: 0.5 hour

38.6 Pounds of added sugars from sugar drinks consumed by the average American each year

Sources of Added Sugars

- Soda: 40.6%
- Sweetened Drinks: 19.6%
- Baked Goods: 18.6%
- Cereals: 5.4%
- Milk: 5.4%
- Fruit Juice: 3.6%

Consumption of Added Sugars per Day, June 2016

- 12 oz. Soft Drink: 35.5 oz.
- 12 oz. Soda: 35 oz.
- 12 oz. Seltzer: 36 oz.

Soda, the Sugar Drink of Choice

Sugar Drinks: Making Us Sick

- Heart Disease
- Tooth Decay
- Diabetes
- Obesity
- Metabolic Syndrome
- Gout