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 one 20 oz. soda contains far more than that.

6 teaspoons added sugars for women per day

9 teaspoons added sugars for men per day

15 teaspoons of sugars in a 20 oz. Coke

23 teaspoons

Actual added sugars consumed by average American per day