SUGARY DRINKS contribute to TYPE 2 DIABETES AND HEART DISEASE —in part by leading to weight gain—and are linked to a HIGHER RISK OF DENTAL CAVITIES.

Most fast-food chain “SMALL” COLAS contain more than the DAILY VALUE FOR ADDED SUGARS (50 grams).

FAST FOOD restaurants in New York City are CONCENTRATED IN BLACK AND LATINO COMMUNITIES.

More than 3 OUT OF 4 NEW YORKERS support warnings on chain restaurant menu items with MORE THAN A DAY’S WORTH OF ADDED SUGARS.

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Item exceeds the total daily recommended limit for added sugars (50g) based on a 2,000-calorie diet. The U.S. Dietary Guidelines advises limiting added sugars.

Tell the New York City Council to require added sugars warnings on chain restaurant menus.

https://www.cspinet.org/page/sweet-truth  |  #SweetTruth