

## Pouring sugar into Americans' diets

- In 2011, beverage companies produced enough sugar drinks to provide an average of 45 gallons per American—or slightly more than nine 12-ounce cans a week.<sup>1</sup>
- Sugar drinks were the single-largest source of calories in the American diet in 2010, providing an average of about seven percent of total calories per person.<sup>2</sup>
- Sugar drinks (sodas, fruit drinks, sports drinks, sweetened teas, energy drinks) accounted for 46 percent of all added sugars in the American diet in 2010.<sup>3</sup>

## Sugar drinks significant in teens' diets

- Soda, energy drinks, and sports drinks were the top source of calories in teens' diets in 2006.<sup>4</sup>
- In 2013, 27 percent of teens drank one or more soda a day, 19 percent drank two or more, and 11 percent drank three or more.<sup>5</sup>
- From 2005 to 2008, American youth (ages 6–19) averaged 174 calories per day from sugar drinks—nearly nine percent of their daily calorie intake.<sup>6</sup>
- In 2008, five percent of children, 16 percent of adolescents, and 20 percent of young adults consumed more than 500 calories a day from sugar drinks—an amount equivalent to more than three 12-ounce cans.<sup>7</sup>

## How much is too much?

- A typical 12-ounce can of regular cola contains 9 ½ teaspoons of added sugars; a 20-ounce bottle contains 16 teaspoons of sugars.<sup>8</sup>
- The American Heart Association (AHA) recommends a maximum daily intake of six teaspoons of added sugars for women and nine teaspoons for men.<sup>9,10</sup>
- In 2008, teenage boys consumed an average of 273 calories a day from sugar drinks, nearly twice the American Heart Association's recommended consumption of added sugars from all sources.<sup>11,12</sup>

## Industry's history of super-sizing

- The average soda sold in the United States has more than doubled in size since the 1950s, from 6.5 ounces to 16.2 ounces.<sup>13</sup>
- In 1955, a cup of Coca-Cola at McDonald's was seven ounces. Today, a children's size Coca-Cola at McDonald's is 12 ounces.<sup>14</sup>

## References

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- <sup>9</sup> Ogden et al., 2011.
- <sup>10</sup> American Heart Association. (2014). Frequently Asked Questions About Sugar. [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Frequently-Asked-Questions-About-Sugar\\_UCM\\_306725\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Frequently-Asked-Questions-About-Sugar_UCM_306725_Article.jsp)
- <sup>11</sup> Ogden et al., 2011.
- <sup>12</sup> American Heart Association, 2014.
- <sup>13</sup> The Dr. Robert C. and Veronica Atkins Center for Weight and Health. (January, 2009). To What Extent Have Sweetened Beverages Contributed to the Obesity Epidemic? University of California Berkeley— unpublished.
- <sup>14</sup> Ghorayshi, A. (2012). Too Big to Chug: How Our Sodas Got So Huge. *Mother Jones*. <http://www.motherjones.com/media/2012/06/supersize-biggest-sodas-mcdonalds-big-gulp-chart>.