



California Adolescents Drinking More Soda and Other Sugar-Sweetened Beverages

BY THE NUMBERS: SUGARY DRINKS

22 ...

Number of teaspoons of added sugar Americans consume daily (compared to the recommended 6-9 teaspoons).¹

16 ...

Number of teaspoons of sugar in a 20-ounce bottle of soda² (240 calories³).

8 ...

Number of teaspoons of sugar in a 20-ounce sports drink⁴ (120 calories³).

64 ...

Number of calories children need to reduce their daily intake by in order to meet the Healthy People 2020 goals for childhood obesity; less than one sugary drink a day.⁵

45 ...

Number of gallons of soda and other sugar-sweetened beverages the average American consumes annually.⁶

39 ...

Pounds of sugar in the 45 gallons of sugar-sweetened drinks consumed annually by the average American.⁶

66 ...

Percentage of all high-fructose corn syrup in the United States that is consumed from beverages.⁷

1 ...

Ranking of sugary drinks among all foods as the source of added sugar in the American diet.⁸

\$850 ...

Amount spent by the average family each year on soft drinks.³

149 ...

Percent increase in volume of average size soda sold in the 1950s compared to the average size soda sold today (from 6.5 oz to 16.2 oz).⁹

38 ...

Percent decrease in energy intake from milk since 1977, the same period in which soda consumption has skyrocketed.¹⁰

35 ...

Percent drop in price of the average sugar-sweetened beverage since the 1980s.¹¹

450 ...

Number of different types of soft drinks produced by the big three soda companies.¹²

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