



California Adolescents Drinking More Soda and Other Sugar-Sweetened Beverages

BY THE NUMBERS: HEALTH IMPLICATIONS OF SUGARY DRINKS

- 43...** Percent increase in daily calorie consumption from 1977–2001 in the U.S. that was due to sugary drinks.¹
- 27...** Percent increase in likelihood of an adult being overweight or obese if they drink one or more sugary drinks a day, compared to those who do not drink sodas, regardless of income or ethnicity.²
- 55...** Percent increase in the likelihood of a child being overweight or obese if they drink at least one serving of sugary drinks a day, compared to children who rarely drink sugary drinks.³
- 10...** Percentage of teenagers' daily calories that come from sugary drinks.⁴
- 26...** Percent increase in the risk of developing Type II Diabetes when consuming one to two servings of sugary drinks a day.⁵
- 20...** Percent increase in levels of bad cholesterol and triglycerides in the blood of young men and women after drinking three cans of soda a day for two weeks.⁶

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3. Morenga LT, Mallard S, Mann J. Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies. *Brit Med J.* Jan 15 2013;346.
4. Kit B, Fakhouri T, Park S, Nielsen S, Ogden C. Trends in sugar-sweetened beverage consumption among youth and adults in the United States: 1999-2010. *American Journal of Clinical Nutrition.* 2013.
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