

Limiting Sugar-Sweetened Beverages Makes Good Sense

Did You Know?

- Sugar-sweetened beverages include sodas, fruit drinks, sport drinks, energy drinks and sweetened teas and coffees.
- There are about 17 teaspoons of sugar in every 20-ounce bottle of soda.
- Reducing the number of sugar-sweetened beverages a person drinks can lead to weight loss.
- Adults and children who drink one or more sugar-sweetened beverage a day are more likely to be overweight or obese.

Examples of Sugar-Sweetened Beverages



Product	Size	Teaspoons of Sugar	Calories from Sugar
Pepsi	20 oz.	17 tsp.	276 calories
Mountain Dew	20 oz.	19 tsp.	308 calories
Gatorade (Orange)	20 oz.	7 tsp.	118 calories
Red Bull	8.3 oz	7 tsp.	108 calories
Sunny D-Original	8 oz.	7 tsp.	108 calories

What You Can Do

- Chose water when thirsty
- Add slices of lemon, lime, cucumber or watermelon to water
- Serve water, low-fat milk or unsweetened tea or coffee

What Your Community Can Do

- Ban sports drinks from public middle and high schools. State law allows public middle and high schools to sell sports drinks.
- Limit or exclude soda and other sugar-sweetened beverages in vending machines in city and county buildings, hospitals, work sites, and other places.
- Provide and or sell only healthy beverages at community and sport events.

For More Information

For more information, contact Jane Alvarado, Health Educator, of California Project LEAN (Leaders Encouraging Activity & Nutrition), at 559-977-4619 or Jane.Alvarado@cdph.ca.gov