YOU WOULDN’T EAT 22 PACKS OF SUGAR*. WHY ARE YOU DRINKING THEM?

Extra calories from the added sugar may lead to obesity, type 2 diabetes and heart disease.$^{1,2}$
Limit sugary drinks and offer healthier beverages.

- Ask your school, community, and work place to stop serving water.
- Drink water from home.
- Limit the amount of sugary drinks you serve or non-fat milk for your family.
- Choose water and unflavored low-fat or skim milk.
- Drink water when thirsty.

WHAT YOU CAN DO

| Amount of Sugar in Popular Sugary Drinks | Calories | Container Size | Drinks | Walking Time to Burn
|-----------------------------------------|---------|---------------|--------|-------------------|
| 20 oz. Bottle | 15 | 12 oz. can | 60 minutes | 55% of energy
| 12 oz. Bottle | 165 | 12 oz. can | 36 minutes | 16% of energy
| 12 oz. can | 213 | 12 oz. can | 22 minutes | 16% of energy
| 1 oz. can | 40 | 12 oz. can | 28 minutes | 16% of energy
| 1 oz. can | 240 | 12 oz. can | 20 minutes | 16% of energy
| 1 oz. can | 242 | 12 oz. can | 10 minutes | 16% of energy
| 1 oz. can | 305 | 12 oz. can | 7 minutes | 16% of energy
| 1 oz. can | 22 | 12 oz. can | 5 minutes | 16% of energy
| 1 oz. can | 3 | 12 oz. can | 2 minutes | 16% of energy

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WHY ARE YOU DRINKING THEM?

YOU WOULDN'T EAT 22 PACKS OF SUGAR.

BY THE NUMBERS

Amount of sugar in the United States drank in 2009:

- 22 packs of sugar

In popular sugary drinks:

- Average 20 oz. cola
- Average 20 oz. soda

Extra calories from the added sugar may lead to obesity, type 2 diabetes, and heart disease.

442 kcal

175 kcal

242 kcal

240 kcal

305 kcal

22 kcal

2 minutes

5 minutes

7 minutes

10 minutes

16% of energy

16% of energy

16% of energy

16% of energy

16% of energy

16% of energy