



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

*Sugar in a 20-oz. cola.
Calculation based on a
3 gram sugar packet.

Extra calories from the added sugar
may lead to obesity, type 2 diabetes
and heart disease.^{1,2}



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BY THE NUMBERS



Amount of sugar in the average 20 oz. cola



Amount of sugary drinks that the average person in the United States drank in 2009³



Each sugary drink a child has each day increases their risk for obesity by 60%.⁴

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SUGAR IN POPULAR SUGARY DRINKS *

DRINKS	CONTAINER SIZE	CALORIES	PACKETS OF SUGAR	WALKING TIME TO BURN OFF THE DRINK ** <small>(Walking at 3.5mph)</small>
Fruit Drink	20 oz. bottle	305	23	66 minutes
Cola	20 oz. bottle	242	22	52 minutes
Energy Drink	16 oz. can	240	20	52 minutes
Sweetened Tea	20 oz. can	213	19	45 minutes
Fruit Flavored Soda	12.5 oz. bottle	165	15	36 minutes
Sports Drink	20 oz. bottle	125	12	27 minutes
Vitamin-Added Water	20 oz. bottle	125	11	27 minutes
Water	20 oz. bottle	0	0	0 minutes

*Calculations based on 3 gram sugar packets.

**United States Department of Health and Human Services, U.S. Department of Agriculture. Dietary Guidelines for Americans, 2005, Table 4, Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm>. Accessed May 15, 2012.

WHAT YOU CAN DO

- **Drink water when thirsty.**
- **Choose water and unflavored low-fat 1% or non-fat milk for your family.**
- **Limit the amount of sugary drinks you serve or keep in your home.**
- **Keep a pitcher of water in the refrigerator.**
- **Bring a refillable container of water with you while you work or run errands.**
- **Be a role model for family and friends by drinking water.**
- **Ask your school, community, and work place to limit sugary drinks and offer healthier beverages.**

1 Woodward-Lopez G, Kao J, Ritchie L. To what extent have sweetened beverages contributed to the obesity epidemic? Public Health Nutrition. Sep 23, 2010:1-11.
 2 Johnson R, et al. Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement from the American Heart Association. Journal of the American Heart Association. 2009, vol. 120, pp. 1011-1020.
 3 Andreyeva T, Chaitoukha FJ, Brownell KD. Estimating the potential of taxes on sugar sweetened beverages to reduce consumption and generate revenue. Prev Med. (2011). Accessed Feb. 2, 2012 at http://www.communitycatalyst.org/doc_store/publications/SSBTaxesPotential_PM_4-11.pdf.
 4 Ludwig DS, Peterson KE, Gortmaker SL. Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. Lancet 2001;357:505-508.