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
WHAT YOU CAN DO

- Keep a pitcher of water in the refrigerator.
- Keep a water bottle by your side when you work or run errands.
- Drink water when thirsty.
- Limit the amount of sugary drinks you serve or drink for your family.
- Non-fat milk for your family.
- Choose water and unfluoridated low-fat or non-fat milk for yourself.
- Bring a refillable container of water when you travel.
- Ask your school, community, and work place to drink more water.
- Set a good example for family and friends by drinking more water.

DRINKS

OFF THE DRAIN

CONTAINER SIZE

CALORIES OR SUGAR

PACKETS

WALKING TIME TO BURN

SUGAR IN POPULAR SUGARY DRINKS*

*1 oz. contains 2/3 cup of sugar.

WHY ARE YOU DRINKING THEM?

YOU WOULDN’T EAT 22 PACKS OF SUGAR.

BY THE NUMBERS

60%

Each sugary drink a child

has each day increases

their risk for obesity.

United States drank in 2009

averaged 45 packs in the

amount of sugary drinks that he

thinks that he

In the United States,


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