



**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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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.

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