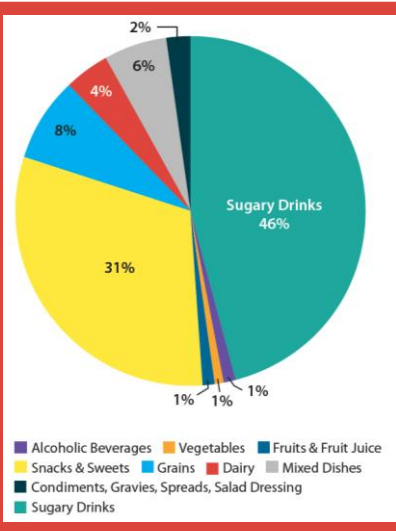




Sugary Drinks in America:

Who's Drinking What and How Much?

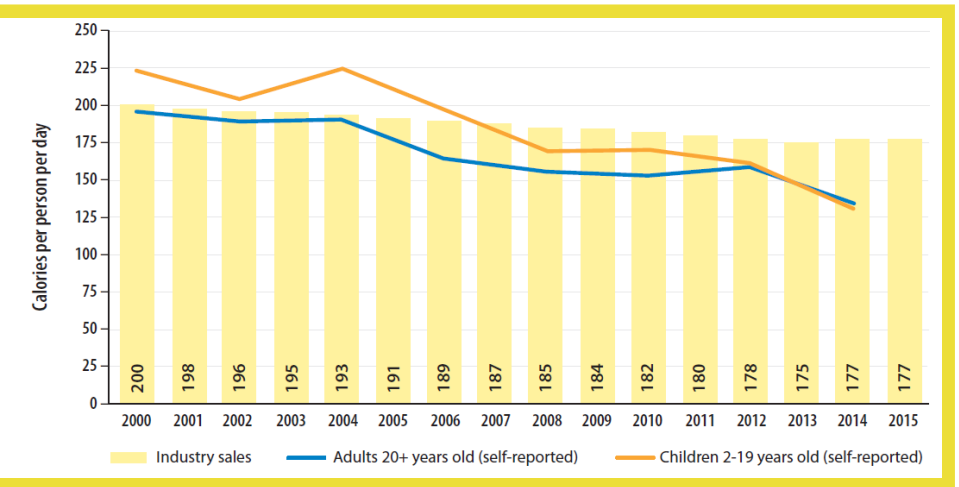
Almost **half** of all added sugars Americans consume come from **sugary drinks**



Nearly **10 percent** of all calories consumed by teenagers and young adults are from just **sugary drinks**

One 20-ounce Coca-Cola has more than **16 teaspoons of sugar**
 (The 2015 Dietary Guidelines for Americans recommends a maximum of 12 teaspoons per day)

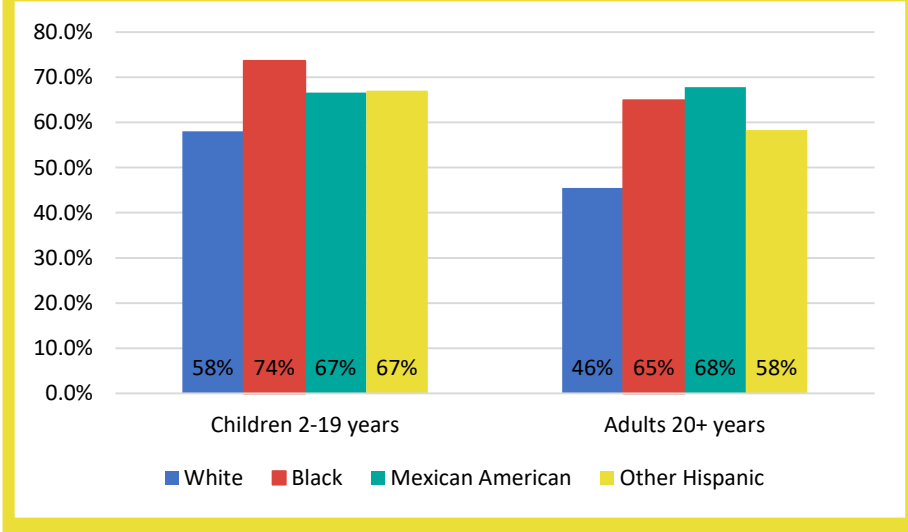
While decreasing, Americans are still drinking **too many calories from sugary drinks**



Calories per person per day from sugary drinks, 2000 to 2015, self-reported vs. industry sales

On a given day nearly **1 IN 3** toddlers ages 12-23 months consume sugary drinks

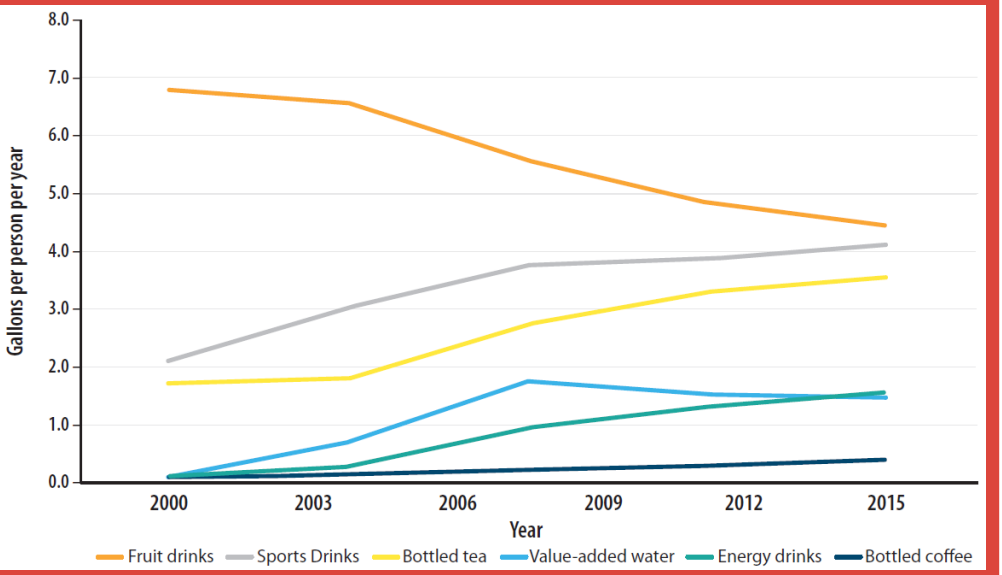
On a given day about **1 IN 2** adults & **2 IN 3** children (2-19 years) consume sugary drinks



There is variation in sugary drink consumption by race/ethnicity, and the disparities are stronger among adults than children.

Percent of children and adults consuming sugary drinks on a given day, by race/ethnicity, 2013-2014

While soda sales have decreased, sales of other sugary drinks **more than doubled** between 2000 & 2015



Trends in sales of non-soda sugary drinks, 2000 to 2015

Regular soda (non-diet soda) makes up about **65 percent** of the sugary drinks sold in the US

More low-income Americans consume sugary drinks on a given day than high income (60 percent vs. 45 percent)