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 15 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.

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

On a given day about 1 IN 2 & 2 IN 3 adults consume sugary drinks.

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

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

Regular soda (non-diet soda) makes up about 85 percent of the sugary drinks sold in the US.

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

To learn more check out the full report from Healthy Food America.

To learn more check out the full report from Healthy Food America.