

# SUGARY DRINKS ARE THE #1 SOURCE OF ADDED SUGAR IN OUR DIETS



**46 GALLONS**

Americans drink an average of **46 GALLONS** of sugary drinks each year

**27%**

Just one sugary drink per day increases an adult's risk of becoming overweight by **27%**



**7+**

Drinking **7 OR MORE** sugary drinks a week could increase your risk of dying from cardiovascular disease

**16 tsp.**

One 20 oz. cola has **16 TEASPOONS** of sugar



**1/3**

**1 OUT OF 3** cancer deaths in the United States is linked to excess body weight, poor nutrition, and/or physical inactivity

**26%**

Just one sugary drink a day increases the risk of type 2 diabetes by **26%**



**\$6 BILLION**

Sugary drinks contribute to high rates of diabetes, some cancers, obesity, and heart disease that cost Illinoisans over **\$6 BILLION** a year in unnecessary health care costs

## RETHINK YOUR DRINK

Visit [preventobesityil.org](http://preventobesityil.org) to learn more about how to support the Healthy Eating Active Living Act.

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