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 preventobesity-il.org to learn more about how to support the Healthy Eating Active Living Act.

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