

A glass bottle is pouring a yellow-orange liquid into a glass filled with ice. The liquid is captured in mid-pour, creating a dynamic, bubbly stream that falls into the glass. The background is white, making the vibrant colors of the liquid stand out.

## 10 Good Reasons to Avoid Sugar-Sweetened Beverages

1. Sugar-sweetened beverages—which include soda, sports drinks, fruit drinks and tea drinks—add calories to your diet without providing nutrients or even making you full. Don't drink your calories!
2. Americans now consume 200 to 300 more calories each day than we did 30 years ago; more than half of those excess calories come from sugar-sweetened drinks.
3. The empty calories in these drinks can lead to weight gain, diabetes and other chronic diseases.
4. Teenagers who drink sugary beverages get an average of 360 calories from them each day. That adds up to 130,000 calories per child over the course of a year.
5. A kid's risk of becoming obese increases by 60% for every additional sugary drink consumed per day.
6. Women who drink one sugar-sweetened beverage each day have almost twice the risk of diabetes.
7. A single 20-ounce soda contains about 16 teaspoons of sugar. Can you imagine adding that much sugar to your coffee?
8. A typical adult has to walk briskly for 46 minutes to burn the calories in a 20-ounce soda.
9. A typical 10-year-old has to bike vigorously for 30 minutes to burn the calories in a 12-ounce soda.
10. Obesity-related illness costs New York State residents nearly \$8 billion in medical costs each year, adding an average of \$770 to every household's tax bill.