



YOU WOULDN'T EAT 22 PACKS OF SUGAR*. WHY ARE YOU DRINKING THEM?

*Sugar in a 20-oz. soda.
Calculation based on a
3 gram sugar packet.

Sugar-loaded drinks may lead to obesity, type 2 diabetes,
heart disease and some cancers.

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ReTHINK
your
drink



Dolores Huerta
Foundation



BY THE NUMBERS

22
PACKETS

Amount of sugar in the average 20 oz. bottle of soda, which also contains 240 calories

45
GALLONS

Amount of sugary beverages that the average person in the United States drank in 2009

60
PERCENT

Increase in a child's risk for obesity with every additional daily serving of sugary beverage

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SUGAR IN POPULAR SUGAR-LOADED DRINKS *

DRINKS	SIZE	PACKETS OF SUGAR	CALORIES
Soda	20 oz.	22	240
Energy Drink	16 oz.	17	220
Frozen Coffee	16 oz.	17	260
Sweet Tea	16 oz.	15	190
Sports Drink	20 oz.	12	125
2% Chocolate Milk	8 oz.	4**	190

* Calculations based on 3 gram sugar packets.

** Added sugar.

WHAT CAN YOU DO

- Choose water, unflavored low-fat 1% or unflavored non-fat milk when thirsty.
- Add slices of lemon, lime, cucumber or watermelon to water.
- Be an example for your family and friends by choosing healthy, low-calorie drinks.
- Ask your school, community and work place to limit sugar-loaded drinks and offer healthier beverages.

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