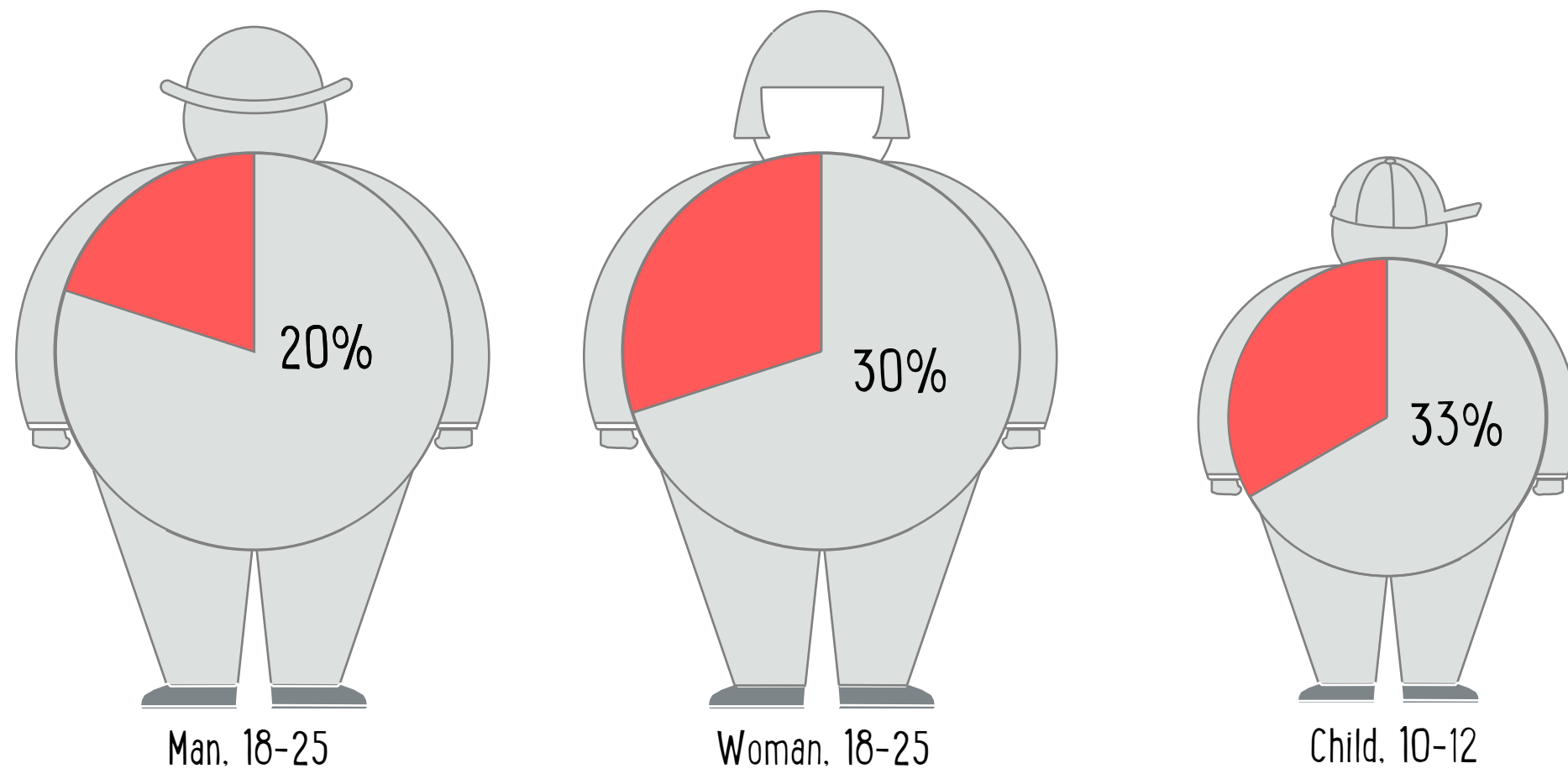
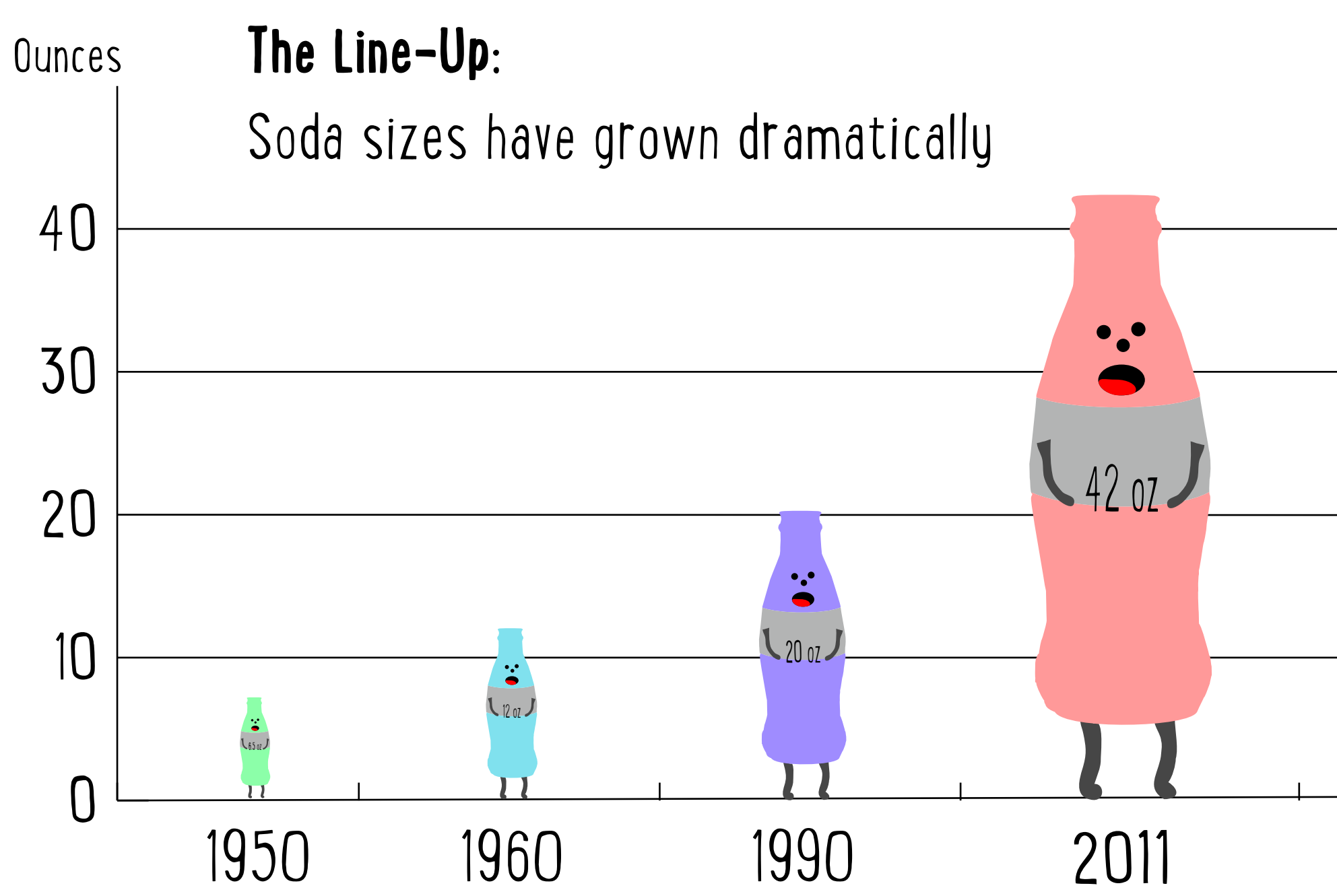
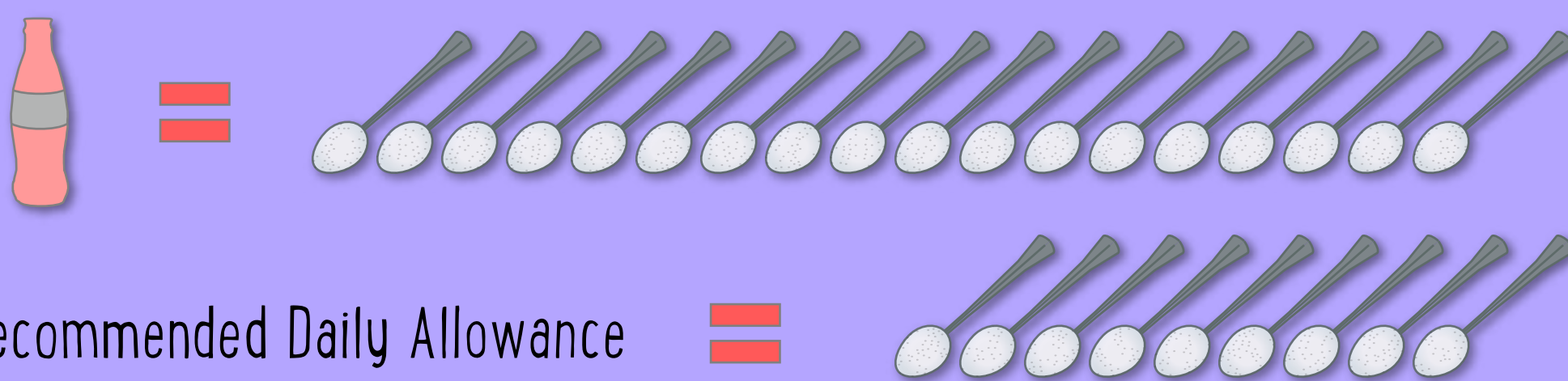


SUGAR RUSH

In the US, people consume **600 calories each day** from added sugar alone¹

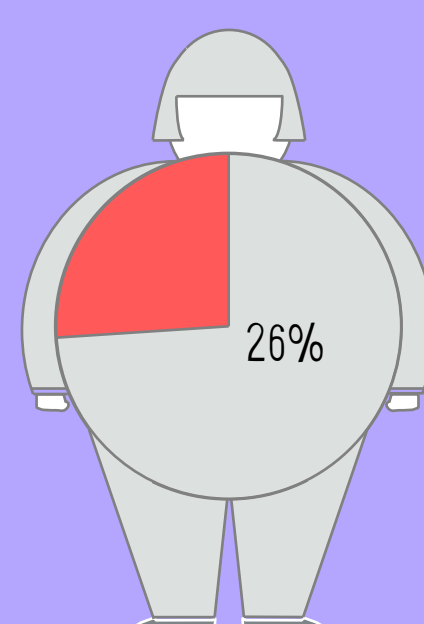


A typical 20-ounce soda contains 15 to 18 teaspoons of sugar: **double** the recommended limit of 9 teaspoons per day.²

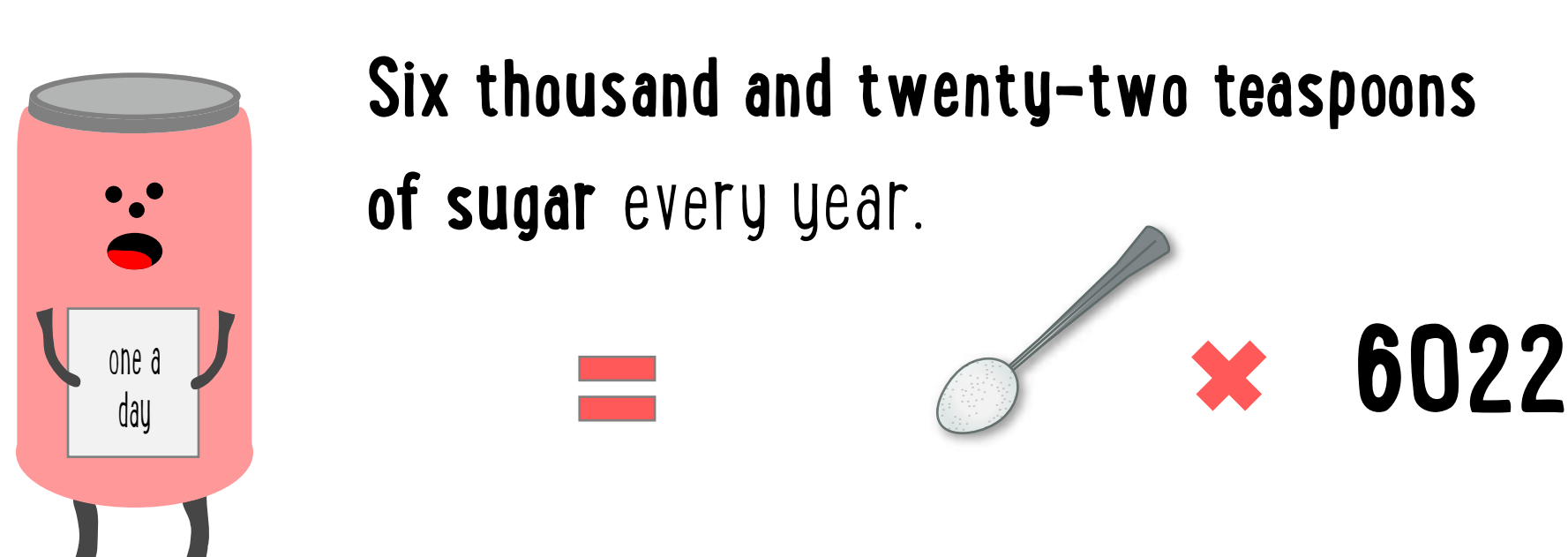


Even moderate consumption has consequences

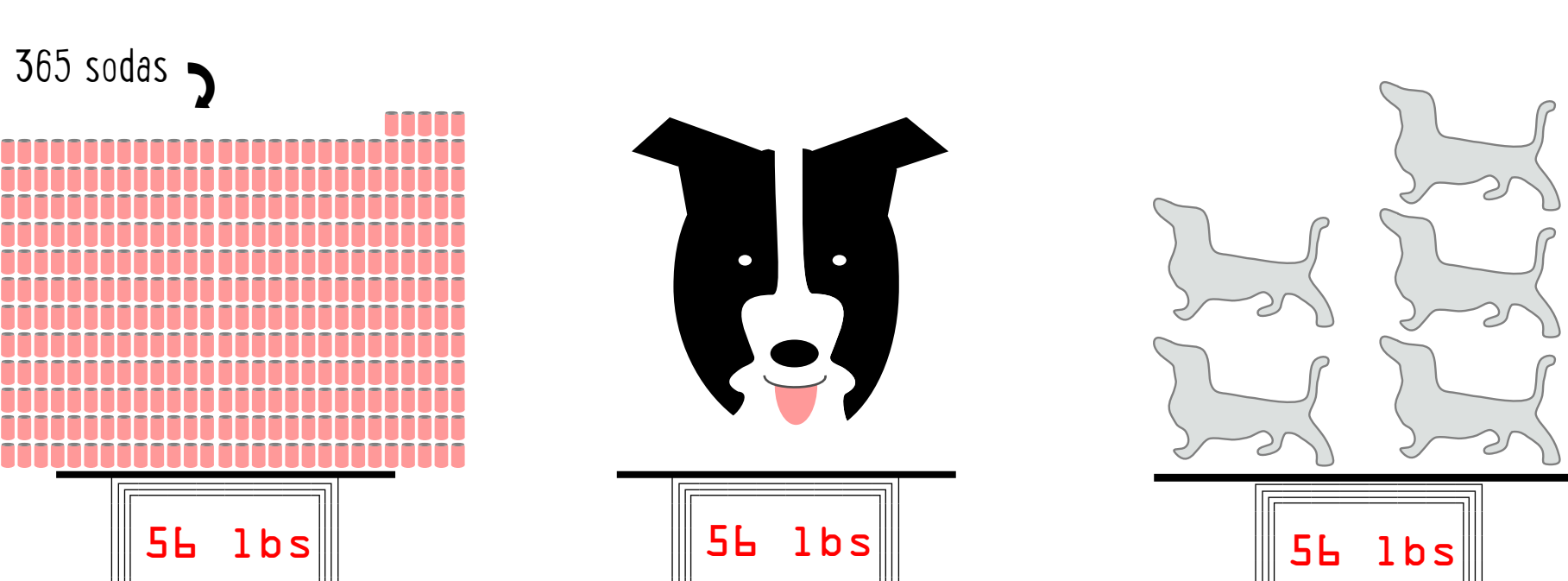
People who consume sugary drinks regularly—1 to 2 cans a day or more—have a 26% greater risk of developing type 2 diabetes.³



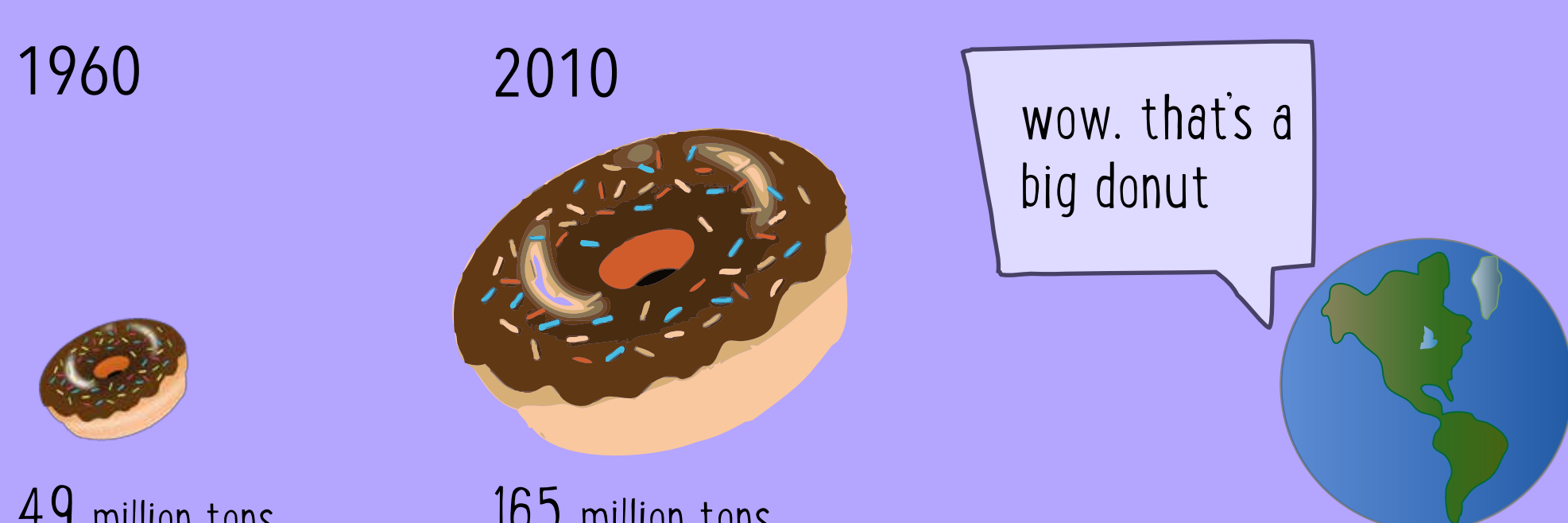
The average teenager consumes **1 can of soda / day**.⁵ This adds up to...



All that sugar weighs as much as one collie or five weenie dogs



Over the past 50 years, sugar consumption has **tripled** worldwide.^{6]}



Citations
5. Neel. "The Sugar Dilemma." Harvard Global Health Review. October 24, 2012.
6. Lustig, Robert H., Laura A. Schmidt, and Claire D. Brindis. "The Toxic Truth about Sugar." Nature 482 (2012): 27-29.