FACT SHEET: Decreasing Sugar-Sweetened Beverage Consumption

Updated: 03/2022
People of color and people with low incomes disproportionately experience higher rates of chronic diseases, including type
2 diabetes and heart disease, that are associated with sugary drinks than their white peers.
12
 Sugary drinks are
disproportionately advertised to black and Hispanic consumers.
13

ALARMING FACTS
x The American Heart Association recommends that children have no more than one 8-ounce sugary drink a week±
but children are consuming as much as seven times that amount.
5, 14

x A 20-ounce bottle of soda contains the equivalent of approximately 17 teaspoons of added sugars.
15
 The American
Heart Association recommends that adults consume no more than 36 ounces of sugary beverages each week.
16, 17
Death from heart disease is 31% more likely among those who have two or more sugary drinks per day. That risk
rises by 10% with each additional drink.
6

x High sugary drink consumption

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