

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%



\$50 BILLION
Sugary drinks contribute to high rates of diabetes and obesity. The economic impact of diabetes, overweight and obesity is over \$50 BILLION dollars in California.



RETHINK YOUR DRINK

Visit choosehealthca.org to learn more about how to support AB 1357 (Bloom).

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