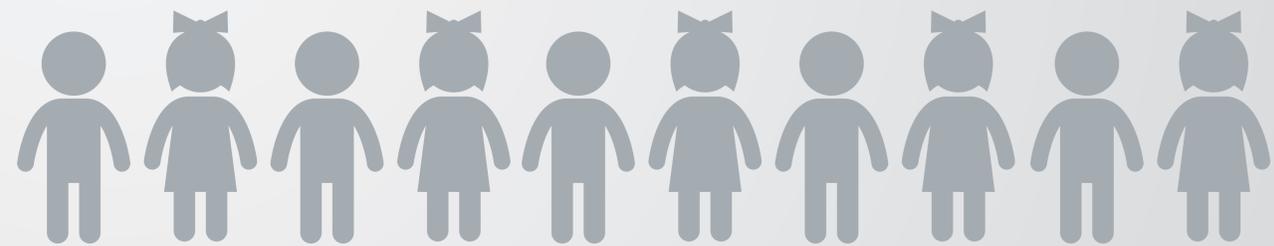


The Impact of Sugary Drinks



60% increase
in a child's risk for obesity
with every additional daily
serving of soda



A recent study found that **children who consumed a large amount of sugary drinks** (at least five servings per week) **were almost 3.5 times more likely to be obese** than those who never or almost never consumed sugary drinks.

Children ages 2 to 5 are estimated to consume 124 calories per day – 7% of their total daily energy intake – **from sugary drinks.**

Eliminating one can of soda per day, regardless of any other diet or exercise change, **can reduce a child's risk for type 2 diabetes.**

References

Sugar pack calculations based on 3 grams per pack.

Levi, J., Segal, L., St. Laurent, R., & Rayburn, J. (2014). *The State of Obesity*. Trust for America's Health.

Ludwig, D. S., Karen, P. E., & Gortmaker, S. L. (2001). *Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis* (Vol. 357). The Lancet.