



## 10 Good Reasons to Avoid Sugar-Sweetened Beverages

1. Sugar-sweetened beverages, which include soda, sports drinks, fruit drinks and tea drinks, add calories to your diet without providing nutrients or even making you full. *Don't drink your calories!*
2. Americans now consume 200-300 more calories each day than we did 30 years ago; more than half of those excess calories come from sugar-sweetened drinks.
3. *The empty calories in these drinks can lead to weight gain, diabetes and other chronic diseases.*
4. Teenagers who drink sugary beverages get an average of 360 calories from them each day. That adds up to 130,000 calories per child over the course of a year.
5. *A kid's risk of becoming obese increases by 60% for every sugary drink consumed per day.*
6. *Women who drink one sugar-sweetened beverage each day have almost twice the risk of diabetes.*
7. A single 20-ounce soda contains about 16 teaspoons of sugar. Could you imagine adding that much sugar to your coffee?
8. A typical adult has to walk briskly for 46 minutes to burn the calories in a 20-ounce soda.
9. A typical 10-year old has to bike vigorously for 30 minutes to burn the calories in a 12-ounce soda.
10. *Obesity related illnesses cost New York State taxpayers nearly \$8 BILLION in additional medical costs each year, adding an average of \$770 to every household's tax bill.*



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