



**FACT SHEET:**

**Soda Consumption Puts Children at Risk For  
Obesity, Diabetes, Osteoporosis, and Cavities**



**One 20 oz soda = 17 teaspoons of sugar and 250 calories**

**“Decreasing soda and sweetened beverage consumption is one of  
THE MOST promising strategies for preventing obesity.”**

*(U.C. Berkeley Center for Weight and Health, 2003)*

**HUGE CONSUMPTION OF SODA**

**Our Children Drink a LOT of Soda.** Soft drink consumption has more than doubled since 1971. The average teenage boy drinks two 12 oz sodas per day or more than 700 cans per year. The average teenage girl drinks 1.4 twelve oz sodas per day or more than 500 cans per year. *(CSPI, Liquid Candy, 2005 -- based on 1999-2002 National Health and Nutrition Examination Survey)*

**Lots of Soda Means LOTS of Sugar.** Soft drinks comprise the leading source of added sugar in the American diet, providing the average teenage boy with the total recommended allowance for sugars from all sources for the entire day. *(CSPI)*

**NEGATIVE IMPACT ON HEALTH**

**More Sodas Lead to Childhood Obesity.** Every additional daily serving of sugar-sweetened soda increases a child's risk for obesity by 60%. Regardless of demographics and lifestyle, soda consumption is an independent risk factor for childhood obesity. *(The Lancet, Feb 2001)*

**More Sodas Lead to More Diabetes.** Research indicates a strong positive relationship between consumption of sugar sweetened beverages (i.e. regular sodas and fruit punches) and diabetes risk. Increasing one's consumption of sugary soft drinks significantly increase the risk for both weight gain and type 2 diabetes. *(Journal of the American Medical Association, Aug 25 2004)*

**More Sodas Mean Less Calcium and More Osteoporosis.** Decreased milk consumption means that children are no longer getting required amounts of calcium in their diets. Since 1977, energy intake from milk has dropped by 38 percent. This is the same period of time during which soda consumption has skyrocketed. *(American Journal of Preventive Medicine, October 2004)*

**More Sodas Lead to More Cavities.** Regular consumption of soft drinks promotes tooth decay because sodas bathe the teeth with sugar water for long periods of time. *(Journal of the American Dental Association, 1984:109-241-5)*