

Soft Drink Facts

Soft drinks include soda, fruit-flavored and part-juice drinks, and sports drinks.

Q: How much sugar is there in a soda?

A: There are approximately 9 teaspoons of sugar in one 12-ounce (can) soda.
There are approximately 15 teaspoons of sugar in one 20-ounce (bottle) soda.

Q: How much sugar do people eat/drink?

A: The average teenage boy eats at least 109 pounds per year. Wow!! The average American eats more than 64 pounds per year.

Q: Who drinks soft drinks and how much do they drink?

A: Half of all Americans drink sugar-sweetened soft drinks every day!

- Soda is the most frequently consumed soft drink
- 56% of 8 year olds drink soft drinks daily
- 72% of 9 to 13 year olds drink soft drinks daily
- 78% of 14 year old girls drink soft drinks daily
- 83% of 14 year old boys drink soft drinks daily
- The average teen gets 15 teaspoons of sugar from soft drinks each day

Q: How does soda compare to milk and juice?

A:

	Soda (non-diet)	Orange Juice	1% Milk
Calories, kcal	160	168	153
Vitamin A, IU	0	291	750
Vitamin C, mg	0	146	3
Calcium, mg	0	33	450

*per 12 ounce serving

Q: How many ounces of soft drinks do kids drink compared to milk and juice?

A:

	Milk*	Juice*	Soft Drinks*
Kids 5 and under	12 oz.	5 oz.	7 oz.
Boys 6 to 11	12 oz.	4 oz.	13 oz.
Girls 6 to 11	10 oz.	3 oz.	12 oz.
Boys 12 to 19	11 oz.	4 oz.	29 oz.
Girls 12 to 19	7 oz.	4 oz.	19 oz.

(Average amount in **ounces** per day)