

Teens, Soda and Weight

Did you know that sugary drinks, such as soda, are often a source of hidden calories and sugar?

Amount of regular (non-diet) soda an average teen drinks each day

Year	Boys (12-18 years old)	Girls (12-19 years old)
1977-78	7 ounces	6 ounces
1987-88	12 ounces	7 ounces
1994-96	19 ounces	12 ounces

Growing single-serving soda size since the 1950s...



How can soda or other sugary drinks affect your weight?

It takes about an extra 3,500 calories to make 1 pound of body weight.

- One 12-oz can of soda is about 150 calories. One can of soda per day for one year is about 55,000 calories. Therefore, one 12-oz soda per day translates into about 16 pounds of extra body weight over one year!
- One 20-oz bottle is about 250 calories. One bottle of soda per day for one year is about 91,000 calories. This translates into about 26 pounds of extra body weight over one year.

A 20-ounce soda has about 22 packets of sugar! You would not eat that much sugar, so why drink that many?

Find out how much sugar you are drinking and how much money you are spending on sugary drinks: <http://www.choosehealthla.com/multimedia/sugar-calculator/>.