

OUR KIDS ARE SWEET ENOUGH



Sugary drinks are the single leading source of added sugars in the American diet. ¹

CONSUMPTION OF SUGARY DRINKS

Nearly two-thirds of youth living in the U.S. consume a sugary drink daily. ²

- The American Heart Association recommends that children have no more than one 8-ounce sugary drink a week — but children are consuming as much as ten times that amount. ³
- The average child in the U.S. consumes over 30 gallons of sugary drinks every year — enough to fill a bathtub. ⁴



HEALTH IMPLICATIONS

Without change, 40% of children are likely to develop Type 2 diabetes. ⁵



- The more sugary drinks people consume, the more likely it is that they'll develop heart disease and Type 2 diabetes. ⁶
- People living with Type 2 diabetes are two times as likely to develop and die from cardiovascular diseases. ⁷

WHY KIDS' MEALS?

More than 80% of the top 200 restaurant chains have sugary drinks on their kids' menus. ⁸

- 85% of U.S. households eat out five times a week. ⁹
- Making milk and water the default beverage options in kids' meals can reduce sugary drink consumption. ¹⁰



American Heart Association.

You're the Cure



American Heart Association®

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