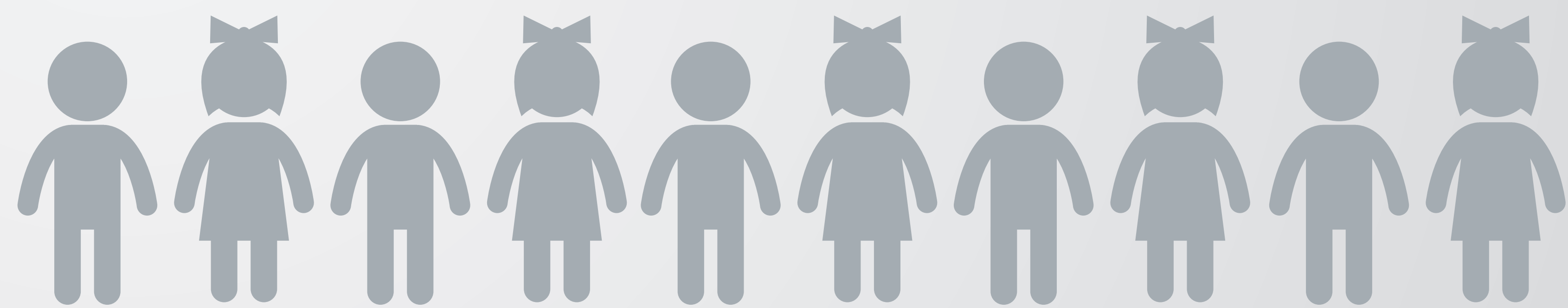


The Impact of Sugary Drinks



60% increase
in a child's risk for obesity
with every additional daily
serving of soda



A recent study found that **children who consumed a large amount of sugary drinks** (at least five servings per week) **were almost 3.5 times more likely to be obese** than those who never or almost never consumed sugary drinks.

Children ages 2 to 5 are estimated to consume 124 calories per day – 7% of their total daily energy intake – from sugary drinks.

Eliminating one can of soda per day, regardless of any other diet or exercise change, can reduce a child's risk for type 2 diabetes.

References
Sugar pack calculations based on 3 grams per pack.
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