



### Soda Consumption in the United States

**38.6 gallons**  
Amount of soda consumed per American in 2013

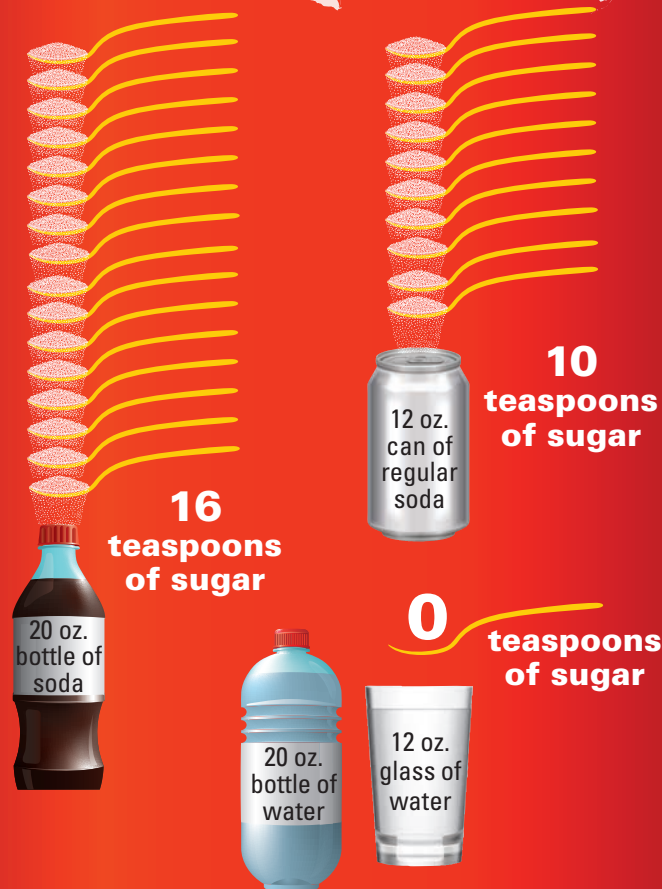
**8.9 billion**  
cases of soft drinks sold in 2013

**48%** of Americans drink at least 1 glass of soda a day

Out of 100 U.S. cities, Boston ranked **#93** in soda consumption



### Sugar Content in Beverages



# Canning Tooth Decay

#### Recommended Sugar Consumption for Children and Young Adults

The American Heart Association recommends that kids ages 2 to 18 should consume less than 25 grams—or 6 teaspoons—of added sugars daily.

#### Finding the Hidden Sugar

If any of these added sweeteners are listed as an ingredient in your drink, you may want to opt for water instead: • brown sugar • cane crystals • cane sugar • honey • corn sweetener • dextrin • maple syrup • molasses • malt syrup • evaporated cane juice • fruit juice concentrate • high fructose corn syrup • And ingredients ending with the letters "ose" (e.g., fructose, lactose, sucrose, maltose, and dextrose)