



**YOU WOULDN'T EAT 22  
PACKS OF SUGAR\*. WHY ARE  
YOU DRINKING THEM?**

\*Sugar in a 20-oz soda. Calculations based on a 3 gram sugar packet.

Drinking even one sugary drink a day  
may lead to obesity and diabetes.

[ChooseHealthyDrinks.org](https://ChooseHealthyDrinks.org)