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

**10 teaspoons of sugar**
12 oz. can of regular soda

**16 teaspoons of sugar**
20 oz. bottle of soda

**0 teaspoons of sugar**
12 oz. glass of water

**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)