

Rethink Your Drink

Q: If you drink one 12-ounce can of regular soda every day for 1 year, how much sugar is that in a year?

A: 30 pounds of sugar



Q: How much weight would a person lose in a year after switching from regular soda to water or calorie-free beverages?

A: About 15½ pounds*

* Based on 150 calories in an average 12-ounce can of soda