



UNFAIR BEVERAGE TAXES

COALITION FOR AN AFFORDABLE CITY

Nutrition Facts

Sugar-sweetened beverages as a source of calories

Calories from soda and other sugar-sweetened beverages account for **6 percent** of total calories in the average American diet. *Source: U.S. Department of Agriculture.*

Sugar-sweetened beverages as a source of added sugar

Children and adolescents consume significantly more added sugars from food than from beverages—**59 percent to 41 percent**. *Source: National Health and Nutrition Examination Survey, March 2012.*

Consumption of added sugar from beverages declining

According to the most recent government data, consumption of sugar from sweetened beverages among children and teens is steadily declining. *Source: American Journal of Clinical Nutrition, September 2011.*

Decline in added sugar by food source 1999/2000 to 2007/2008

Food Source	Ages 2-5	Ages 6-11	Ages 12-17
• Soda	- 40%	- 27%	- 31%
• Fruit-based and sports drinks	- 42%	- 37%	- 42%

California and San Francisco youth drinking fewer sugar-sweetened beverages

According to the UCLA Center for Health Policy Research, the percent of youth ages 2-17 drinking one or more sugar-sweetened beverages per day in California and San Francisco has declined—by **11 percent** and **16 percent**, respectively.

Caloric balance is the key to healthy weight maintenance

“Weight management is all about balance—balancing the number of calories you consume with the number of calories your body uses or burns off.” *Source: Center for Disease Control.*