

Taxing sugary drinks

Nutrition researchers say people who consume excessive levels of sugary drinks are at increased risk of diabetes, heart disease and other obesity-related chronic conditions. Backers of taxes on sugary drinks, which passed in all four cities where the taxes were on the ballot last week, say those levies will discourage heavy consumption.



9%

Percentage of daily caloric intake made up by sugary drinks, up from 4% during the 1970s
—*American Journal of Preventive Medicine*



60%

Percentage increase in calories consumed from sugar-sweetened drinks among children age 6 to 11 between 1989 and 2008
—*Nutrition Journal*



26%

Percentage by which the likelihood of developing Type 2 diabetes increases among people who consume one to two cans of sugary beverages a day compared with those who rarely drink those beverages
—*American Diabetes Association*



21%

Percentage that consumption of sugar-sweetened drinks declined in low-income neighborhoods of Berkeley, Calif., after the city implemented a penny-per-ounce tax in 2015
—*American Journal of Public Health*

9

Recommended maximum number of teaspoons of added sugar men should consume daily, while women should consume no more than **6 teaspoons**
—*American Heart Association*



39

Number of grams of total sugar contained in one 12-ounce can of regular Coke, equivalent to nearly



10

teaspoons of table sugar
—*Livestrong Foundation*



**HUNGARY,
MEXICO**

Countries that have enacted a tax on drinks and/or food with excess sugar levels

**GREAT BRITAIN,
PHILIPPINES,
SOUTH AFRICA**

Countries considering a tax on sugary drinks
—*World Health Organization*