

Sugar Ain't So Sweet

VERMONT IS OVERWEIGHT



60%
OF ADULTS ARE
OVERWEIGHT
OR OBESE

29%
OF YOUTH ARE
OVERWEIGHT
OR OBESE



SUGAR-ADDED
DRINKS
ACCOUNT FOR
MORE THAN
20%
OF THE WEIGHT
WE GAIN

THIRSTY FOR
OBESITY?



20oz COKE

16.75
tsp of sugar

20oz MTN DEW

19.25
tsp of sugar

RECOMMENDED
MAXIMUM DAILY
ADDED SUGAR



=



9
tsp



=



6
tsp

THE
University of Vermont
MEDICAL CENTER

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RESOLUTION
*re*BOOT