Too much added sugar

from soda and sports drinks

can overload

critical organs over time, leading to serious dise

DIABETES

Drinking just one 12-oz. soda every day, or 7 sodas per week, can increase your risk of dying from heart disease by almost 1/3. Heart disease is the leading cause of death in the U.S.



SugarScience is the authoritative source for evidence-based, scientific information about sugar and its impact on health.

HEART DISEASE

LIVER