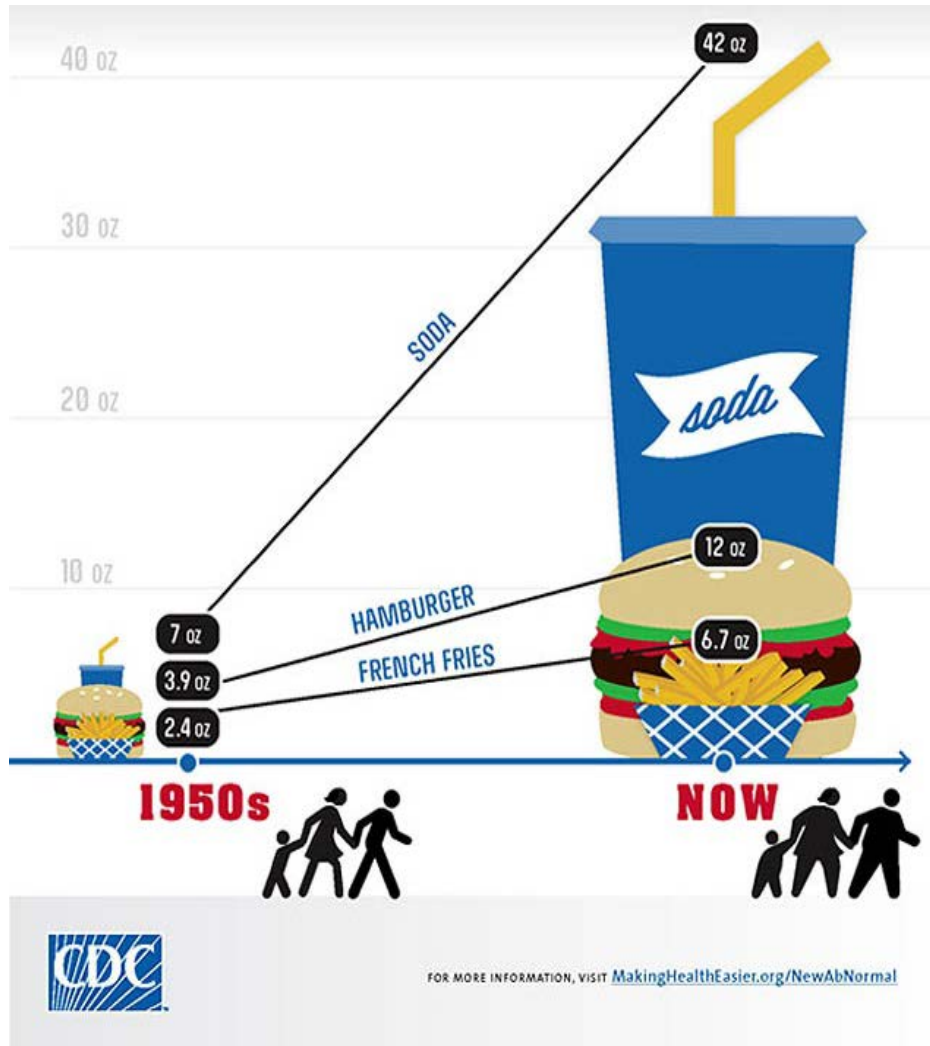
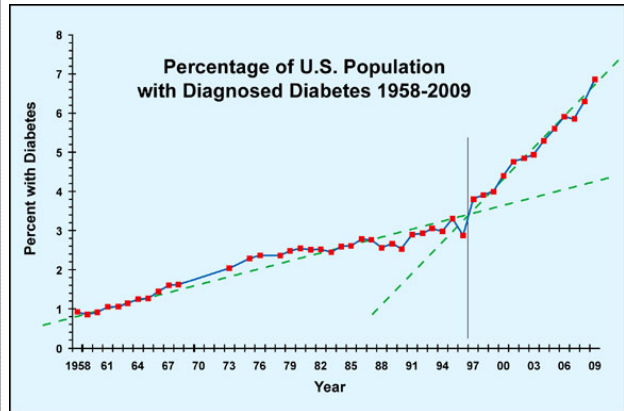
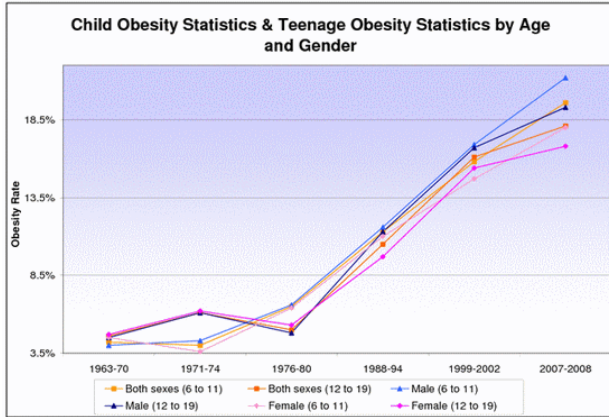


## Obesity and Serving Size Changes

Average serving sizes have gradually increased in the U.S. over the last 60 years. Current beverage serving sizes can be as much as 6 times what they were in the 1950's.



Over the same time period rates of obesity and diabetes have increased as well, particularly among children.



Sugar sweetened beverages have become the number one source of added sugars in the typical American child's diet, making up half of all sugars consumed.

