What’s in the can?

The liquid contents of sugary drinks are produced from both agricultural products and manufactured chemical compounds. Scientists studied the liquid contents of all the beverages sold in one year on a university campus¹ and found:

- The average greenhouse gas emissions (GHGE) from sugary drink manufacture, per liter of average content, were 81 times greater than that of a liter of tap water.
- It took an average of 153 liters of fresh water to manufacture each liter of sugary drink.

What about the container?

Per liter of content, every plastic bottle produces 11 times more GHGE, uses 27 times more water, and produces 440 times more plastic pollution than a reusable stainless steel water bottle with a plastic cap.

Are there other environmental impacts?

In addition to these direct environmental impacts of sugary drinks, there are indirect environmental impacts. For example, sugary drink consumption is a risk factor for many diet-related illnesses. These illnesses require healthcare. Healthcare generates tremendous greenhouse gas emissions. In 2013, GHGE from U.S. healthcare made up 9.8% of total national GHGE.²

Beverage choice makes a difference.³ What’s your choice?

References: