Chart 1: Tableau Link

■ DATA FOR CHARTS — 100 Worst Sodas (link to the data)

Title: Soda Consumption in the US

Description: Regular soda drinkers consume around 1.3 glasses (12 fl oz) of sodas daily or 42.8 gallons per person in 2024. This has declined significantly compared to its peak in 1999 of 49.7 gallons per capita soda consumption.

Type: Line chart, example 3

Y-axis: Soda Consumption

X-axis: Years

Annotations:

- Between 1986 and 1987: Highest increase in soda consumption
- 1999: Soda consumption peaks

Labels: ☐ CITED SOURCES — 100 Worst Sodas [New Data]

Alt Text: Line chart showing the soda consumption in the US from 1980 to 2024, peaking in 1999.

Chart 2: Tableau Link

■ DATA FOR CHARTS — 100 Worst Sodas (link to the data)

Title: Top 10 Countries That Consume the Most Sodas

Description: The US ranked fourth among countries that consume the most sodas, with **154 liters per capita**.

Type: Bar chart, example 4

Y-axis: Countries

X-axis: Soda Consumption

Labels: © CITED SOURCES — 100 Worst Sodas [New Data]

Alt Text: Horizontal bar chart showing the countries that consume sodas the most, with Hungary ranking first and the US ranking fourth.

✓ Chart 3: % kimv.cafely@gmail.com

■ CAFELY — 100 Worst Sodas (link to the data)

Description: 2 in 3 adults (63%) and 1 in 7 adolescents (15%) drink soda daily.

Type: Icon

Alt Text: Call out text box showing the percentage of American adults and adolescents drinking soda daily.

Link to Source:

- https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html
- https://nccd.cdc.gov/dnpao dtm/rdPage.aspx?rdReport=DNPAO DTM.ExploreByTopic&islClass=OWS&islTopic=&go=GO

✓ Chart 4: % kimv.cafely@gmail.com

■ DATA FOR CHARTS — 100 Worst Sodas (link to the data)

Title: Calories, Sugar, Sodium, and Caffeine Limits vs Soda Contents

Description: Consuming soda puts you nearer the daily limits. **One soda** alone makes up about **80% of the daily added sugar limit**. It's actually one of the highest sources of added sugars.

Type: Table [Sample]

Calories, Sugar, Sodium, and Caffeine Limits vs Soda Contents

Consuming soda puts you nearer the daily limits. One soda alone makes up about 80% of the daily added sugar limit. It's actually one of the highest sources of added sugars.

	Recommended Daily Limits	How much is in a soda (median)?	Percentage of the Daily Limits
Calories	2,000	160	8%
Added Sugars (g)	50	41	82%
Sodium (mg)	2,300	50	2%
Caffeine (mg)	400	41	10%

Alt Text: Table showing the daily limits of calories, added sugars, sodium, and caffeine vs their levels in sodas.

Chart 5: % kimv.cafely@gmail.com

■ DATA FOR CHARTS — 100 Worst Sodas (link to the data)

Title: Aspartame vs Sugar

Description: Aspartame is **sweeter and contains no calories** compared with sugar.

Type: Table [Sample]

Aspartame vs Sugar

Aspartame is sweeter and contains no calories compared with sugar.

	Aspartame	Sugar
Sweetness	200 times	1 (Reference)
Calories	0	4

Alt Text: Table showing the difference between aspartame and sugar in sweetness and calorie content.

Chart 6:

Title: The Healthiest and Unhealthiest Sodas

Description: Water is the healthiest drink, of course. But of the different sodas on our list, the **least unhealthy soda is Zevia Cola**. On the other hand, **Nitro Pepsi Draft Cola is the unhealthiest drink**.

Type: Table

Labels:

Per 12-Oz Serving	Water (Healthiest Drink)	Zevia Cola (Healthiest Drink on Our List)	Nitro Pepsi Draft Cola (Unhealthiest Drink on Our List)
Calories	0	0	202 calories
Sugar	0	0	55 g
Sodium	0	0	123 mg
Caffeine	0	45 mg	68 mg

Alt Text: Table showing the calorie, sugar, sodium, and caffeine levels of water, Zevia Cola, and Nitro Pepsi Draft Cola.

Link to Source: Multiple sources

Chart 7:

Title: Worst Sodas for Your Teeth, Ranked by Acidity

Description: The lower the pH value, the worse they are for your teeth. Of those on our list, **RC Cola is the worst soda for your teeth**.

Type: Interactive table

Labels: © CITED SOURCES — CAF00946 - 100 Worst Sodas [New Data]

Alt Text: Table showing the worst sodas for the teeth ranked by acidity.

Link to Source: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4808596/

Chart 8:

Title: What is the Most Popular Soda in the US?

Description: Coke, by volume, remains the leading soda in the US, making up 19.2% of the soda market. **Dr Pepper surpassed Pepsi by a very small margin**, landing in 2nd place.

Type: Bar chart, example 11

Y-axis: Soda

X-axis: Percentage of Soda Market

Labels:

Coke: 19.2%Dr Pepper: 8.34%Pepsi: 8.31%Sprite: 8.1%Diet Coke: 7.8%

Alt Text: Horizontal bar chart showing the most popular sodas by volume in the US, with Coke leading.

Link to Source: https://edition.cnn.com/2024/06/03/business/dr-pepper-pepsi/index.html

Chart 9:

Title: Most Recognizable Sodas in the US

Description: Coca-Cola and Pepsi remain the two most recognizable sodas in the US.

Type: Bar chart, example 11

Y-axis: Soda

X-axis: Percentage of Respondents

Labels: CITED SOURCES — CAF00946 - 100 Worst Sodas [New Data]

Alt Text: Horizontal bar chart showing the most recognizable sodas in the US, with Coke and Pepsi leading.

Link to Source:

https://www.statista.com/statistics/1346276/most-well-known-soft-drink-brands-in-the-united-states/

O Chart 10:

Title: Most Popular Sodas, by State

Description: Using Google Trends, we tracked the popularity of the top five sodas in the US and found that **Coke is the most searched soda across all 50 states**. Pepsi and Dr Pepper follow in second and third places, although the margin between them is small.

Type: Interactive table

Labels: DATA FOR CHARTS — CAF00946 - 100 Worst Sodas

Alt Text: Table showing the top 5 sodas in the US and their popularity by state (based on Google Trends, 2023 data).

Link to Source: Google Trends and

https://edition.cnn.com/2024/06/03/business/dr-pepper-pepsi/index.html

Chart 11:

Use Coke original and Pepsi original viz from

https://drive.google.com/drive/folders/1JweJLbtmtWK GDDk11DZ6H2BLM1k4eQt

V Chart 12:

Use Coke original viz from

https://drive.google.com/drive/folders/1JweJLbtmtWK_GDDk11DZ6H2BLM1k4eQt

Chart 13:

Use Coke original and Mexican Coke viz from

https://drive.google.com/drive/folders/1JweJLbtmtWK GDDk11DZ6H2BLM1k4eQt

Chart 14:

Use Coke Zero viz from

https://drive.google.com/drive/folders/1JweJLbtmtWK_GDDk11DZ6H2BLM1k4eQt

Chart 15:

Use Mountain Dew and Coke original viz from

https://drive.google.com/drive/folders/1JweJLbtmtWK GDDk11DZ6H2BLM1k4eQt

Chart 16:

Use Sprite and Coke original viz from

https://drive.google.com/drive/folders/1JweJLbtmtWK GDDk11DZ6H2BLM1k4eQt

Chart 17:

Use Sprite viz from

https://drive.google.com/drive/folders/1JweJLbtmtWK GDDk11DZ6H2BLM1k4eQt

Chart 18:

Use 7Up viz from

https://drive.google.com/drive/folders/1JweJLbtmtWK_GDDk11DZ6H2BLM1k4eQt

Chart 19:

Use 7Up and Pepsi original viz from

https://drive.google.com/drive/folders/1JweJLbtmtWK_GDDk11DZ6H2BLM1k4eQt

Chart 20:

Title: Which is Worse, Soda or Candy?

Description: Sodas contain more sugar when compared to the top five candies in the US. But eat enough of these candies, and you'll pretty much end up consuming the same amount of sugar (maybe even more) found in regular sodas.

Type: Table

Labels:

Rank	Candy	Size Per Package or Pouch	Sugar per Package	Number of Packs Equivalent to One Soda (40g Sugar)
1	Reese's Peanut Butter Cups [000]	1.6 oz (two cups)	21.2 g	Approximately four cups
2	Skittles [000]	1.8 oz bag (51 g)	37.3 g	Approximately 1.1 packs
3	M&Ms Milk Chocolate Candies [000]	1.69 oz (48 g)	30.6 g	Approximately 1.3 packs
4	Starburst [000]	2.07 oz pack (59 g)	33.1 g	Approximately 1.2 packs

5	Hot Tamales [000]	20 pieces per box (40 g)	24 g	Approximately 1.7 boxes
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Alt Text: Table showing the top five candies in the US and how they compare to sodas (an average of 40 mg of sugar per 12-oz serving).

Link to Source: Multiple sources

Chart 21:

Title: Which is Worse, Soda or Beer?

Description: Sugar-wise, beer is better. It's **also less harsh on the teeth** than soda. But calorie-wise, they contain almost the same amount.

Type: Table

Labels:

Per 12-Oz Serving	Soda	Beer
Sugar	40 g	0 g
Calories	156 calories	153 calories
Acidity (pH)	2.32 to 5.24	3.9 to 4.5

Alt Text: Table comparing soda and beer in terms of sugar, calories, and pH levels, with sodas being slightly worse than beer.

Link to Source:

- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4808596/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9699228/

O Chart 22:

Title: 100 Worst Sodas in the US

Description: We've ranked the top sodas in the US based on their caffeine, calorie, sugar, and sodium contents and found Nitro Pepsi Draft Cola to be the worst.

Type: Interactive table

Labels: DATA FOR CHARTS — CAF00946 - 100 Worst Sodas

Alt Text: Table showing the caffeine, calorie, sugar, and sodium contents of 100 popular sodas in the US.

Link to Source: Multiple sources