



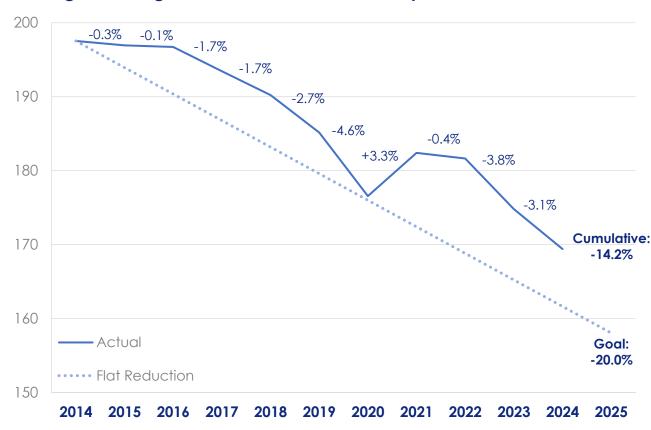


Overall Progress-to-Date

In September 2014, the American Beverage Association, The Coca- Average Beverage Calories Per Person Per Day Cola Company, Dr Pepper Snapple Group (now Keurig Dr Pepper), PepsiCo, and the Alliance for a Healthier Generation announced a commitment to help reduce liquid refreshment beverage ("LRB") calories in the American diet nationally by 20% by 2025. This report one in a series of annual reports—reviews the progress achieved toward this goal through 2024.

From 2014 to 2024, LRB calories per person decreased by 14.2%. This is the net result of varying progress over time. After little progress in 2015 and 2016, calories per person fell notably and at an accelerating pace in 2017, 2018, and 2019, resulting in a cumulative 6.3% reduction in calories per person from 2014 to 2019. The Covid-19 pandemic brought significant volatility to consumption patterns and to average LRB calories per person. This included an outsized reduction in 2020 as beverage consumption outside the home plummeted, followed by a partially offsetting increase in 2021, and a small reduction in 2022 as consumption patterns gradually rebounded. Calories per person then fell steadily and rapidly in 2023 and 2024, declining by 6.2 percentage points. Calories per person will need to decline by another 5.8 percentage points to reach the 20% goal reduction goal.

The decrease in calories per person did not come at the cost of beverage volumes. In fact, LRB sales volumes per person grew by 10.3% from 2014 to 2024. This volume growth was driven by no- and low-calorie beverages, especially water, which grew by 44% from 2014 to 2024. Volumes per person of other no- and low-calorie beverages also grew while volumes per person of full- and mid-calorie beverages fell. The shift from full- and mid- to no- and low-calorie beverages has been a consistent trend and it drove a 22% reduction in the average calories per 8-ounce serving from 2014 to 2024.



Balance Calorie Initiative ("BCI") National Calorie Goal Progress-to-Date

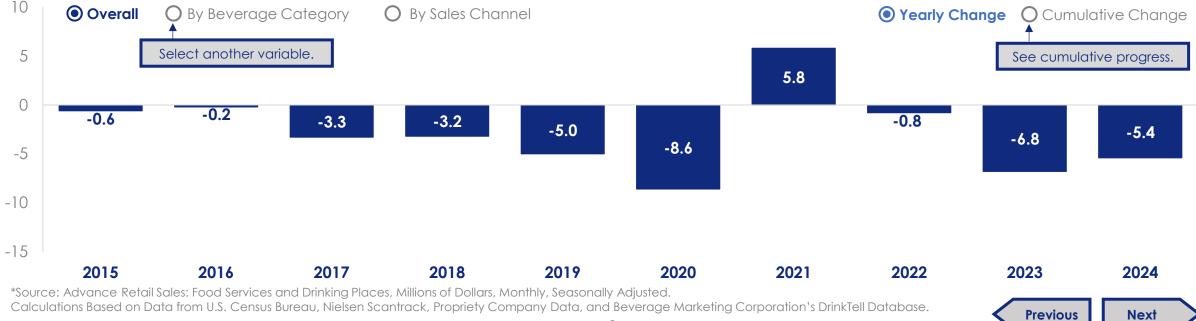


In 2024, calories per person per day fell by 5.4 calories, bringing the cumulative caloric reduction over the course of the commitment to 28.1 calories per person per day. Reductions in calories from CSDs and 100% juices and juice drinks make up the vast majority of this cumulative decline. However, calorie reductions from other non-water beverages have also begun to play a role, and in the process accelerated calorie reductions in 2023 and 2024.

Of the cumulative calorie reduction since 2014, 81% can be attributed to beverages sold through Nielsen-measured channels. These include packaged beverages purchased primarily from chain grocery, convenience, drug, dollar, big box, and club stores. Nielsen channels typically represent about 60% of total LRB volumes and calories. LRB calories per person in these channels have consistently decreased since 2014, except in 2020 when people temporarily shifted food and beverage purchases toward Nielsen-measured channels during the onset of the Covid-19 pandemic.

In contrast, calories from beverages sold through "Non-Nielsen" market segments have not fallen consistently. These segments include restaurants, vending machines, entertainment venues, all other fountain beverages, and other channels. Consumers have been consistently increasing the share of their food and beverage purchases spent at restaurants and other entertainment venues*, which has hindered calorie reduction progress in non-Nielsen segments and enhanced progress in Nielsen channels. Still, in the most successful years of calorie reduction progress, including 2023 and 2024, calories per person have fallen in both Nielsen and non-Nielsen channels.

Yearly Change in LRB Calories per Person per Day



In 2024, calories per person per day fell by 5.4 calories, bringing the cumulative caloric reduction over the course of the commitment to 28.1 calories per person per day. Reductions in calories from CSDs and 100% juices and juice drinks make up the vast majority of this cumulative decline. However, calorie reductions from other non-water beverages have also begun to play a role, and in the process accelerated calorie reductions in 2023 and 2024.

Of the cumulative calorie reduction since 2014, 81% can be attributed to beverages sold through Nielsen-measured channels. These include packaged beverages purchased primarily from chain grocery, convenience, drug, dollar, big box, and club stores. Nielsen channels typically represent about 60% of total LRB volumes and calories. LRB calories per person in these channels have consistently decreased since 2014, except in 2020 when people temporarily shifted food and beverage purchases toward Nielsen-measured channels during the onset of the Covid-19 pandemic.

In contrast, calories from beverages sold through "Non-Nielsen" market segments have not fallen consistently. These segments include restaurants, vending machines, entertainment venues, all other fountain beverages, and other channels. Consumers have been consistently increasing the share of their food and beverage purchases spent at restaurants and other entertainment venues*, which has hindered calorie reduction progress in non-Nielsen segments and enhanced progress in Nielsen channels. Still, in the most successful years of calorie reduction progress, including 2023 and 2024, calories per person have fallen in both Nielsen and non-Nielsen channels.

Yearly Change in LRB Calories per Person per Day by Beverage Category



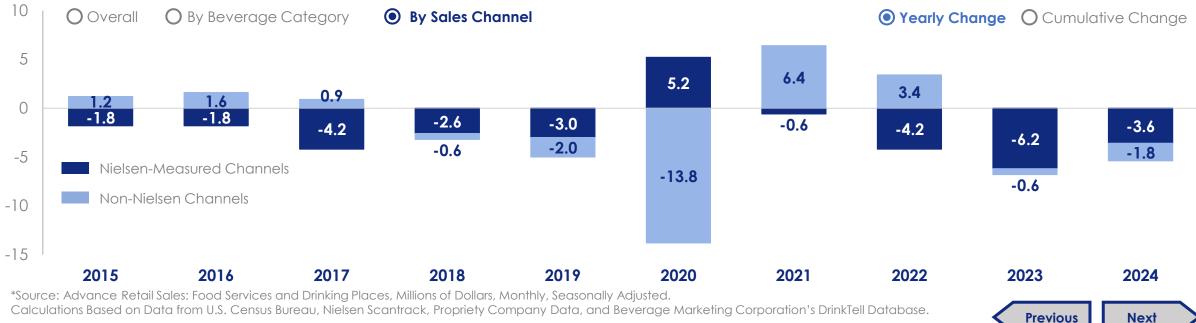


In 2024, calories per person per day fell by 5.4 calories, bringing the cumulative caloric reduction over the course of the commitment to 28.1 calories per person per day. Reductions in calories from CSDs and 100% juices and juice drinks make up the vast majority of this cumulative decline. However, calorie reductions from other non-water beverages have also begun to play a role, and in the process accelerated calorie reductions in 2023 and 2024.

Of the cumulative calorie reduction since 2014, 81% can be attributed to beverages sold through Nielsen-measured channels. These include packaged beverages purchased primarily from chain grocery, convenience, drug, dollar, big box, and club stores. Nielsen channels typically represent about 60% of total LRB volumes and calories. LRB calories per person in these channels have consistently decreased since 2014, except in 2020 when people temporarily shifted food and beverage purchases toward Nielsen-measured channels during the onset of the Covid-19 pandemic.

In contrast, calories from beverages sold through "Non-Nielsen" market segments have not fallen consistently. These segments include restaurants, vending machines, entertainment venues, all other fountain beverages, and other channels. Consumers have been consistently increasing the share of their food and beverage purchases spent at restaurants and other entertainment venues*, which has hindered calorie reduction progress in non-Nielsen segments and enhanced progress in Nielsen channels. Still, in the most successful years of calorie reduction progress, including 2023 and 2024, calories per person have fallen in both Nielsen and non-Nielsen channels.

Yearly Change in LRB Calories per Person per Day by Channel

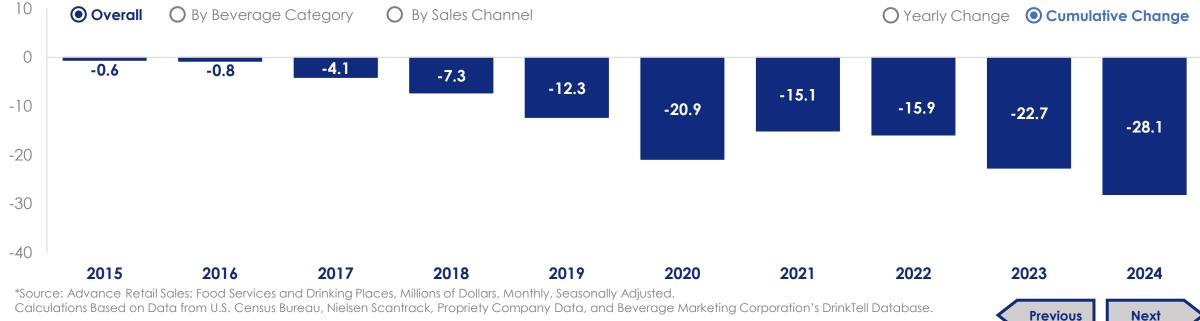


In 2024, calories per person per day fell by 5.4 calories, bringing the cumulative caloric reduction over the course of the commitment to 28.1 calories per person per day. Reductions in calories from CSDs and 100% juices and juice drinks make up the vast majority of this cumulative decline. However, calorie reductions from other non-water beverages have also begun to play a role, and in the process accelerated calorie reductions in 2023 and 2024.

Of the cumulative calorie reduction since 2014, 81% can be attributed to beverages sold through Nielsen-measured channels. These include packaged beverages purchased primarily from chain grocery, convenience, drug, dollar, big box, and club stores. Nielsen channels typically represent about 60% of total LRB volumes and calories. LRB calories per person in these channels have consistently decreased since 2014, except in 2020 when people temporarily shifted food and beverage purchases toward Nielsen-measured channels during the onset of the Covid-19 pandemic.

In contrast, calories from beverages sold through "Non-Nielsen" market segments have not fallen consistently. These segments include restaurants, vending machines, entertainment venues, all other fountain beverages, and other channels. Consumers have been consistently increasing the share of their food and beverage purchases spent at restaurants and other entertainment venues*, which has hindered calorie reduction progress in non-Nielsen segments and enhanced progress in Nielsen channels. Still, in the most successful years of calorie reduction progress, including 2023 and 2024, calories per person have fallen in both Nielsen and non-Nielsen channels.

Cumulative Change in LRB Calories per Person per Day

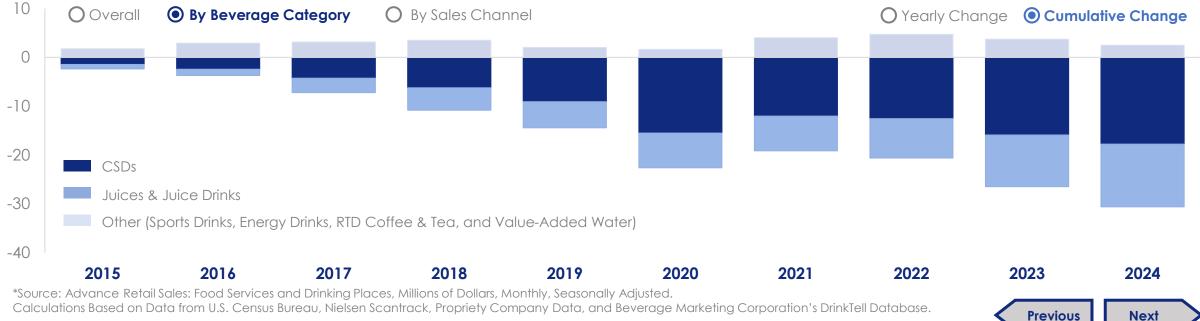


In 2024, calories per person per day fell by 5.4 calories, bringing the cumulative caloric reduction over the course of the commitment to 28.1 calories per person per day. Reductions in calories from CSDs and 100% juices and juice drinks make up the vast majority of this cumulative decline. However, calorie reductions from other non-water beverages have also begun to play a role, and in the process accelerated calorie reductions in 2023 and 2024.

Of the cumulative calorie reduction since 2014, 81% can be attributed to beverages sold through Nielsen-measured channels. These include packaged beverages purchased primarily from chain grocery, convenience, drug, dollar, big box, and club stores. Nielsen channels typically represent about 60% of total LRB volumes and calories. LRB calories per person in these channels have consistently decreased since 2014, except in 2020 when people temporarily shifted food and beverage purchases toward Nielsen-measured channels during the onset of the Covid-19 pandemic.

In contrast, calories from beverages sold through "Non-Nielsen" market segments have not fallen consistently. These segments include restaurants, vending machines, entertainment venues, all other fountain beverages, and other channels. Consumers have been consistently increasing the share of their food and beverage purchases spent at restaurants and other entertainment venues*, which has hindered calorie reduction progress in non-Nielsen segments and enhanced progress in Nielsen channels. Still, in the most successful years of calorie reduction progress, including 2023 and 2024, calories per person have fallen in both Nielsen and non-Nielsen channels.

Cumulative Change in LRB Calories per Person per Day by Beverage Category

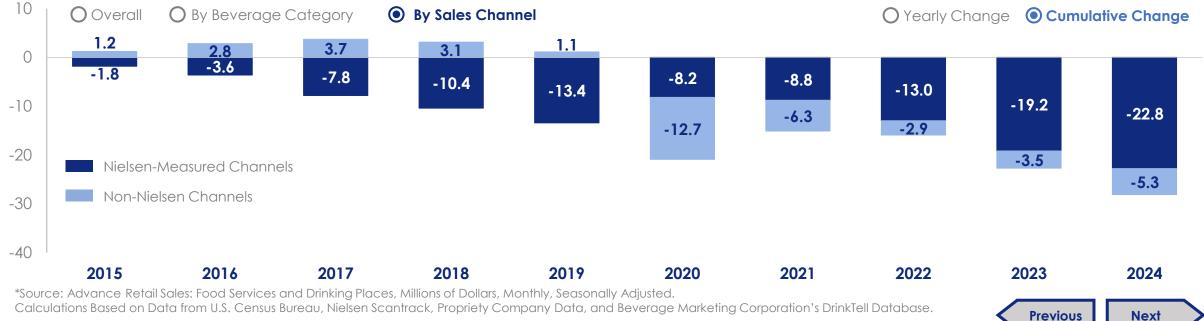


In 2024, calories per person per day fell by 5.4 calories, bringing the cumulative caloric reduction over the course of the commitment to 28.1 calories per person per day. Reductions in calories from CSDs and 100% juices and juice drinks make up the vast majority of this cumulative decline. However, calorie reductions from other non-water beverages have also begun to play a role, and in the process accelerated calorie reductions in 2023 and 2024.

Of the cumulative calorie reduction since 2014, 81% can be attributed to beverages sold through Nielsen-measured channels. These include packaged beverages purchased primarily from chain grocery, convenience, drug, dollar, big box, and club stores. Nielsen channels typically represent about 60% of total LRB volumes and calories. LRB calories per person in these channels have consistently decreased since 2014, except in 2020 when people temporarily shifted food and beverage purchases toward Nielsen-measured channels during the onset of the Covid-19 pandemic.

In contrast, calories from beverages sold through "Non-Nielsen" market segments have not fallen consistently. These segments include restaurants, vending machines, entertainment venues, all other fountain beverages, and other channels. Consumers have been consistently increasing the share of their food and beverage purchases spent at restaurants and other entertainment venues*, which has hindered calorie reduction progress in non-Nielsen segments and enhanced progress in Nielsen channels. Still, in the most successful years of calorie reduction progress, including 2023 and 2024, calories per person have fallen in both Nielsen and non-Nielsen channels.

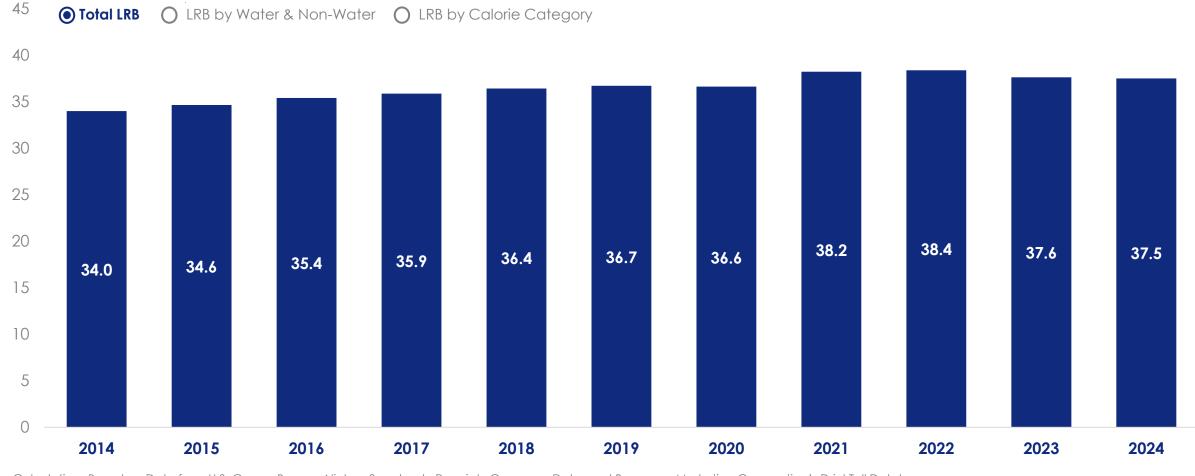
Cumulative Change in LRB Calories per Person per Day by Channel



Growth in per Person LRB Volumes Driven By Water

LRB volumes increased by 10.3%, from 34.0 ounces per person per day in 2014 to 37.5 in 2024. The growth occurred from 2014 through 2022, with volumes per person decreasing slightly in 2023 and 2024. Most of the growth was driven by water, for which volumes per person grew by 44.4% from 2014 to 2024. Over the same period per person volumes of other no- and low-calorie beverages grew by 8.1% while volumes per person of full- and mid-calorie beverages fell by 14.2%. These trends have significantly shifted the overall mix of beverages consumes towards lower-calorie beverages.

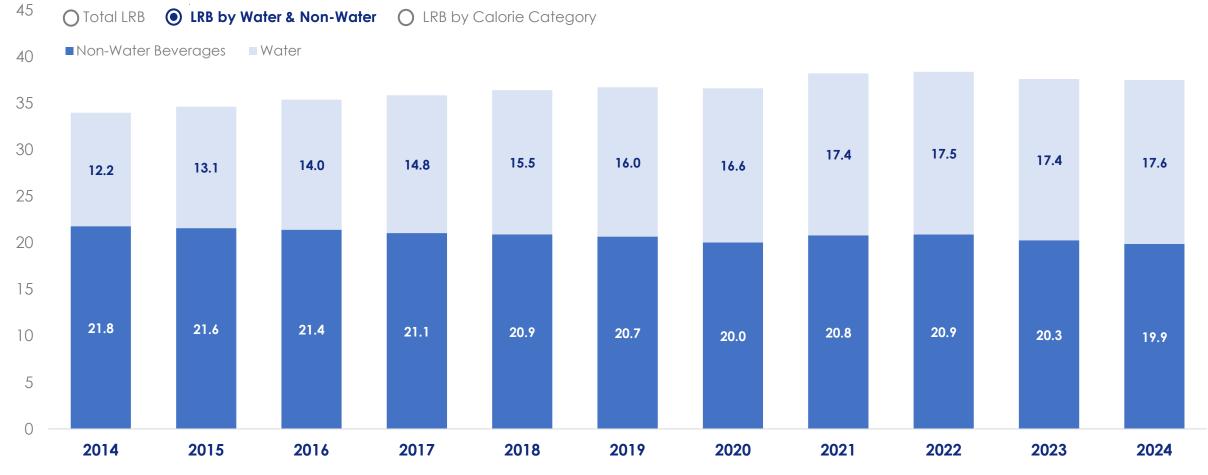
Daily Ounces per Person per Day



Growth in per Person LRB Volumes Driven By Water

LRB volumes increased by 10.3%, from 34.0 ounces per person per day in 2014 to 37.5 in 2024. The growth occurred from 2014 through 2022, with volumes per person decreasing slightly in 2023 and 2024. Most of the growth was driven by water, for which volumes per person grew by 44.4% from 2014 to 2024. Over the same period per person volumes of other no- and low-calorie beverages grew by 8.1% while volumes per person of full- and mid-calorie beverages fell by 14.2%. These trends have significantly shifted the overall mix of beverages consumes towards lower-calorie beverages.

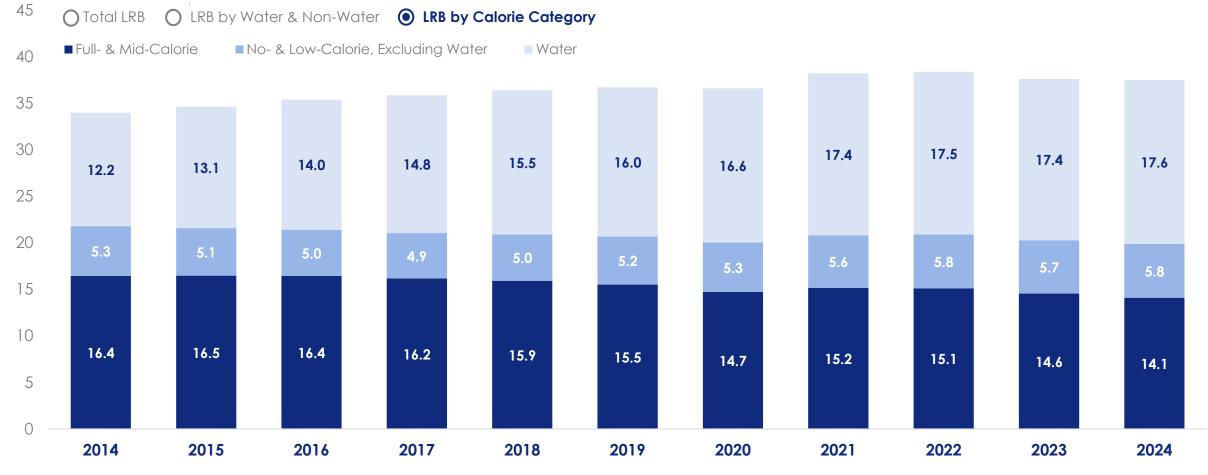
Daily Ounces per Person per Day



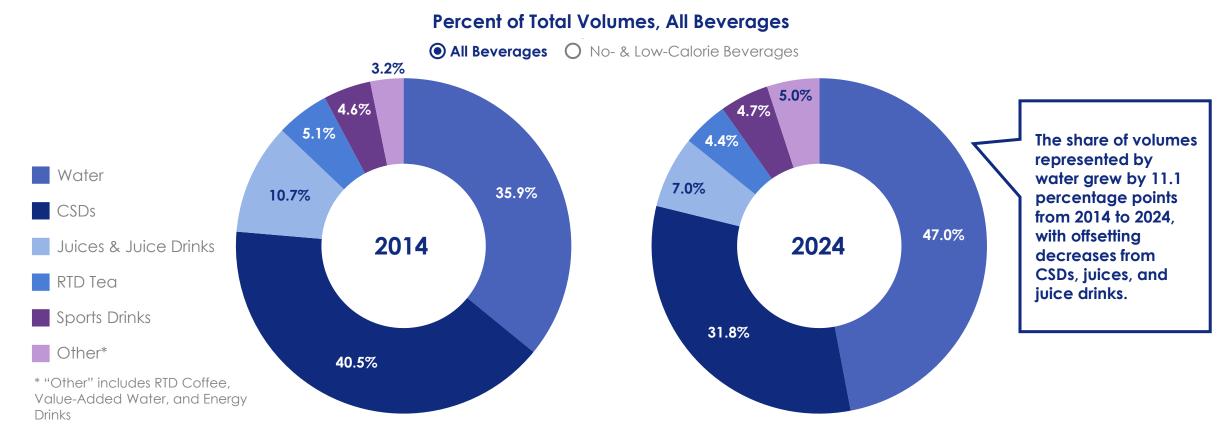
Growth in per Person LRB Volumes Driven By Water

LRB volumes increased by 10.3%, from 34.0 ounces per person per day in 2014 to 37.5 in 2024. The growth occurred from 2014 through 2022, with volumes per person decreasing slightly in 2023 and 2024. Most of the growth was driven by water, for which volumes per person grew by 44.4% from 2014 to 2024. Over the same period per person volumes of other no- and low-calorie beverages grew by 8.1% while volumes per person of full- and mid-calorie beverages fell by 14.2%. These trends have significantly shifted the overall mix of beverages consumes towards lower-calorie beverages.

Daily Ounces per Person per Day



Beverage Volumes Shifting Toward Water, Away from Full-Calorie CSDs and Juices



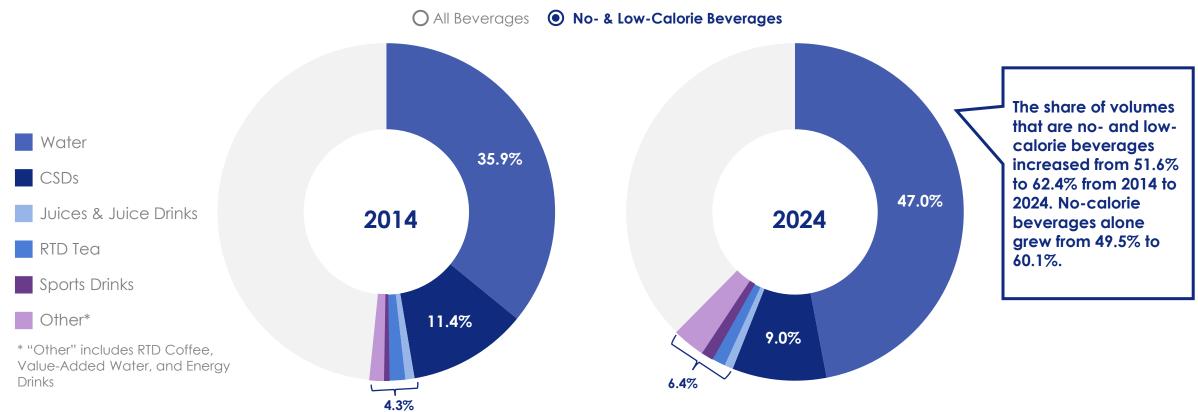
As total per person volumes of water have continued to increase, so too has water's share of total LRB volumes. Per person water volumes – including sparkling waters – grew from representing 35.9% of LRB volumes in 2014 to 47.0% in 2024. The growth in water's share of volumes was matched by decreases in the share of more caloric beverages like CSDs and juices. Together, these two beverage categories account for more than 80% of all LRB calories. Since 2014, per person volumes of full-calorie CSDs and 100% juices and juice drinks fell by 13.3% and 28.7%, respectively. While water's share has increased and the share of full- and mid-calorie beverages decreased, the share of other no- and low-calorie beverages has held steady throughout the commitment period. The result is that in 2024, no- and low-calorie beverages, including water, represented 62.4% of LRB volumes compared to 51.6% in 2014.

Calculations Based on Data from U.S. Census Bureau, Nielsen Scantrack, Propriety Company Data, and Beverage Marketing Corporation's DrinkTell Database.



Beverage Volumes Shifting Toward Water, Away from Full-Calorie CSDs and Juices





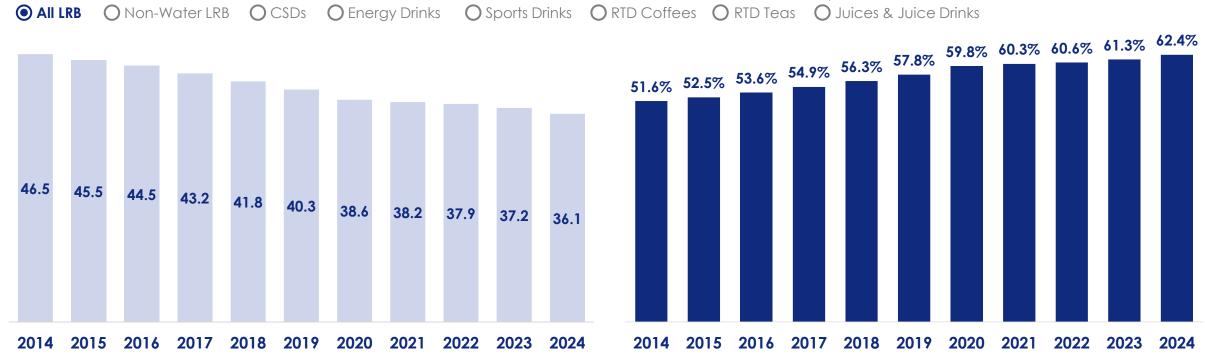
As total per person volumes of water have continued to increase, so too has water's share of total LRB volumes. Per person water volumes – including sparkling waters – grew from representing 35.9% of LRB volumes in 2014 to 47.0% in 2024. The growth in water's share of volumes was matched by decreases in the share of more caloric beverages like CSDs and juices. Together, these two beverage categories account for more than 80% of all LRB calories. Since 2014, per person volumes of full-calorie CSDs and 100% juices and juice drinks fell by 13.3% and 28.7%, respectively. While water's share has increased and the share of full- and mid-calorie beverages decreased, the share of other no- and low-calorie beverages has held steady throughout the commitment period. The result is that in 2024, no- and low-calorie beverages, including water, represented 62.4% of LRB volumes compared to 51.6% in 2014.



The share of beverages that are no- and low-calorie has increased every year of the initiative, driving a 22% decrease in the average calories per 8 oz serving—from 46.5 in 2014 to 36.1 in 2024. While the growth of water accounts for most of this decline, big shifts toward no- and low-calorie beverages within most other LRB categories also contributed. In particular, the shares of energy drinks, sports drinks, and RTD coffees that are no- and low-calorie have grown exponentially since 2014.

A shift from full-calorie CSDs to no-calorie CSDs has also played a role in calorie reductions since 2018. Prior to 2018, volumes of no-calorie CSDs were declining rapidly, driving up the share of CSDs that were full calorie. In 2018, that trend reversed and sales trends for no-calorie CSDs have outperformed those of full-calorie CSDs ever since. No-calorie CSDs now represent their largest proportion of CSD volumes since before the start of the BCI. This shift corresponded with an acceleration in calorie reductions from CSDs and overall. In recent years, the accelerated shift toward no- and low-calorie options among CSDs and other LRB categories has helped to speed up reductions in calories per person even as the rate of water's growth has slowed.

LRB Calories per 8-Ounce Serving (Left) & Share of LRB Volumes that are No- & Low-Calorie (Right)

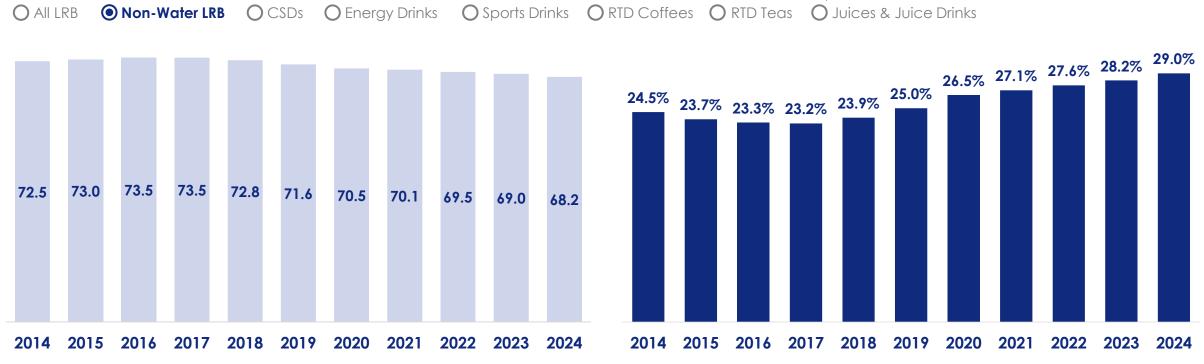




The share of beverages that are no- and low-calorie has increased every year of the initiative, driving a 22% decrease in the average calories per 8 oz serving—from 46.5 in 2014 to 36.1 in 2024. While the growth of water accounts for most of this decline, big shifts toward no- and low-calorie beverages within most other LRB categories also contributed. In particular, the shares of energy drinks, sports drinks, and RTD coffees that are no- and low-calorie have grown exponentially since 2014.

A shift from full-calorie CSDs to no-calorie CSDs has also played a role in calorie reductions since 2018. Prior to 2018, volumes of no-calorie CSDs were declining rapidly, driving up the share of CSDs that were full calorie. In 2018, that trend reversed and sales trends for no-calorie CSDs have outperformed those of full-calorie CSDs ever since. No-calorie CSDs now represent their largest proportion of CSD volumes since before the start of the BCI. This shift corresponded with an acceleration in calorie reductions from CSDs and overall. In recent years, the accelerated shift toward no- and low-calorie options among CSDs and other LRB categories has helped to speed up reductions in calories per person even as the rate of water's growth has slowed.

Non-Water LRB Calories per 8-Ounce Serving (Left) & Share of Non-Water LRB Volumes that are No- & Low-Calorie (Right)

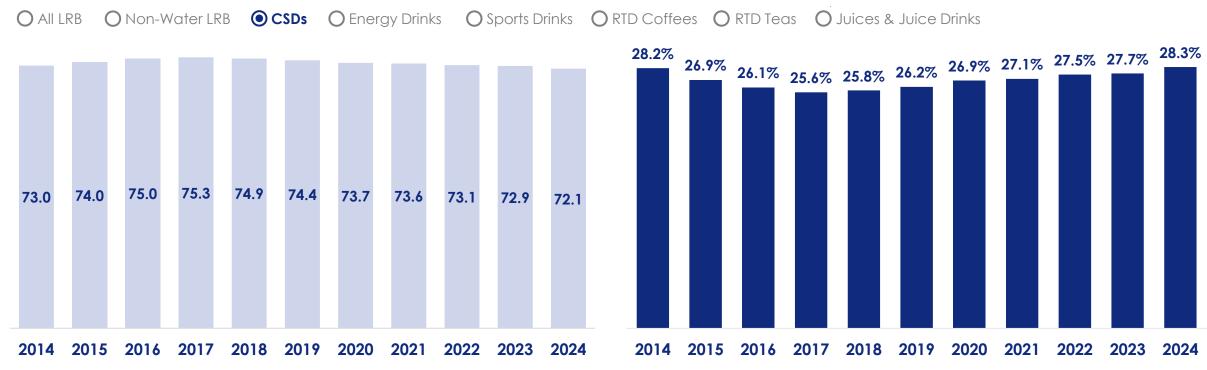




The share of beverages that are no- and low-calorie has increased every year of the initiative, driving a 22% decrease in the average calories per 8 oz serving—from 46.5 in 2014 to 36.1 in 2024. While the growth of water accounts for most of this decline, big shifts toward no- and low-calorie beverages within most other LRB categories also contributed. In particular, the shares of energy drinks, sports drinks, and RTD coffees that are no- and low-calorie have grown exponentially since 2014.

A shift from full-calorie CSDs to no-calorie CSDs has also played a role in calorie reductions since 2018. Prior to 2018, volumes of no-calorie CSDs were declining rapidly, driving up the share of CSDs that were full calorie. In 2018, that trend reversed and sales trends for no-calorie CSDs have outperformed those of full-calorie CSDs ever since. No-calorie CSDs now represent their largest proportion of CSD volumes since before the start of the BCI. This shift corresponded with an acceleration in calorie reductions from CSDs and overall. In recent years, the accelerated shift toward no- and low-calorie options among CSDs and other LRB categories has helped to speed up reductions in calories per person even as the rate of water's growth has slowed.

CSD Calories per 8-Ounce Serving (Left) & Share of CSD Volumes that are No- & Low-Calorie (Right)

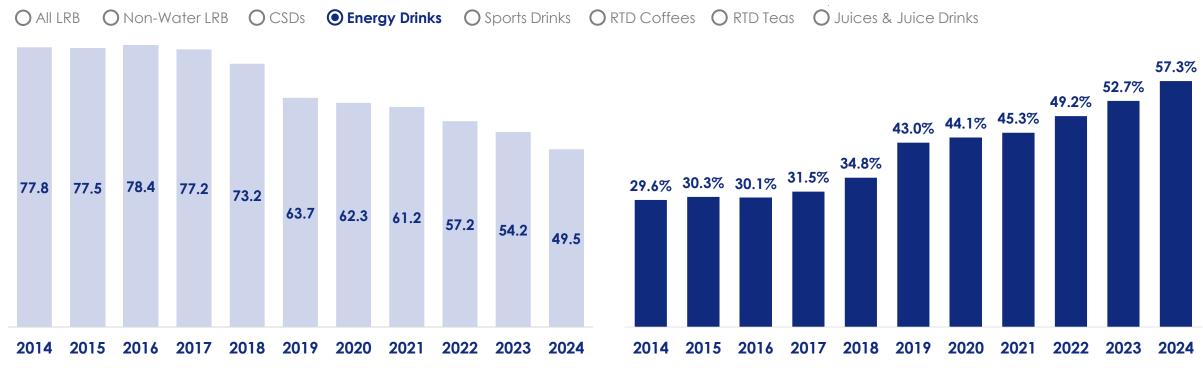




The share of beverages that are no- and low-calorie has increased every year of the initiative, driving a 22% decrease in the average calories per 8 oz serving—from 46.5 in 2014 to 36.1 in 2024. While the growth of water accounts for most of this decline, big shifts toward no- and low-calorie beverages within most other LRB categories also contributed. In particular, the shares of energy drinks, sports drinks, and RTD coffees that are no- and low-calorie have grown exponentially since 2014.

A shift from full-calorie CSDs to no-calorie CSDs has also played a role in calorie reductions since 2018. Prior to 2018, volumes of no-calorie CSDs were declining rapidly, driving up the share of CSDs that were full calorie. In 2018, that trend reversed and sales trends for no-calorie CSDs have outperformed those of full-calorie CSDs ever since. No-calorie CSDs now represent their largest proportion of CSD volumes since before the start of the BCI. This shift corresponded with an acceleration in calorie reductions from CSDs and overall. In recent years, the accelerated shift toward no- and low-calorie options among CSDs and other LRB categories has helped to speed up reductions in calories per person even as the rate of water's growth has slowed.

Energy Drink Calories per 8-Ounce Serving (Left) & Share of Energy Drink Volumes that are No- & Low-Calorie (Right)

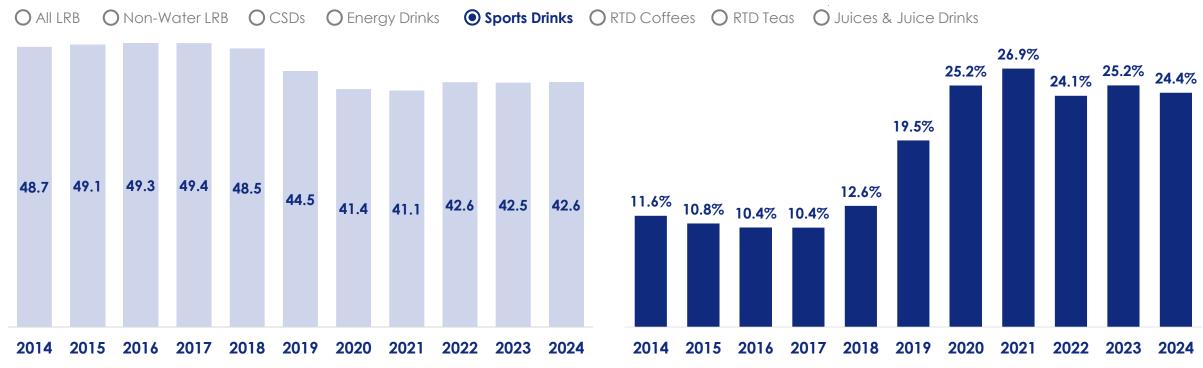




The share of beverages that are no- and low-calorie has increased every year of the initiative, driving a 22% decrease in the average calories per 8 oz serving—from 46.5 in 2014 to 36.1 in 2024. While the growth of water accounts for most of this decline, big shifts toward no- and low-calorie beverages within most other LRB categories also contributed. In particular, the shares of energy drinks, sports drinks, and RTD coffees that are no- and low-calorie have grown exponentially since 2014.

A shift from full-calorie CSDs to no-calorie CSDs has also played a role in calorie reductions since 2018. Prior to 2018, volumes of no-calorie CSDs were declining rapidly, driving up the share of CSDs that were full calorie. In 2018, that trend reversed and sales trends for no-calorie CSDs have outperformed those of full-calorie CSDs ever since. No-calorie CSDs now represent their largest proportion of CSD volumes since before the start of the BCI. This shift corresponded with an acceleration in calorie reductions from CSDs and overall. In recent years, the accelerated shift toward no- and low-calorie options among CSDs and other LRB categories has helped to speed up reductions in calories per person even as the rate of water's growth has slowed.

Sports Drink Calories per 8-Ounce Serving (Left) & Share of Sports Drink Volumes that are No- & Low-Calorie (Right)

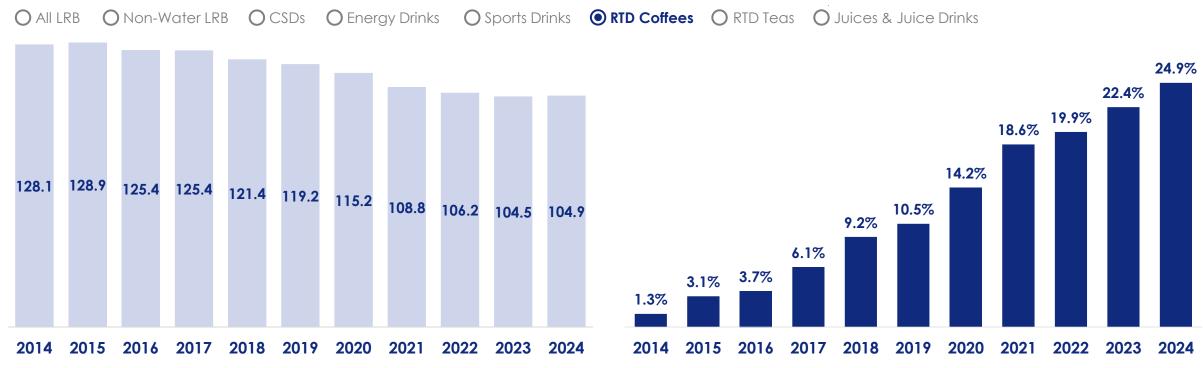




The share of beverages that are no- and low-calorie has increased every year of the initiative, driving a 22% decrease in the average calories per 8 oz serving—from 46.5 in 2014 to 36.1 in 2024. While the growth of water accounts for most of this decline, big shifts toward no- and low-calorie beverages within most other LRB categories also contributed. In particular, the shares of energy drinks, sports drinks, and RTD coffees that are no- and low-calorie have grown exponentially since 2014.

A shift from full-calorie CSDs to no-calorie CSDs has also played a role in calorie reductions since 2018. Prior to 2018, volumes of no-calorie CSDs were declining rapidly, driving up the share of CSDs that were full calorie. In 2018, that trend reversed and sales trends for no-calorie CSDs have outperformed those of full-calorie CSDs ever since. No-calorie CSDs now represent their largest proportion of CSD volumes since before the start of the BCI. This shift corresponded with an acceleration in calorie reductions from CSDs and overall. In recent years, the accelerated shift toward no- and low-calorie options among CSDs and other LRB categories has helped to speed up reductions in calories per person even as the rate of water's growth has slowed.

RTD Coffee Calories per 8-Ounce Serving (Left) & Share of RTD Coffee Volumes that are No- & Low-Calorie (Right)

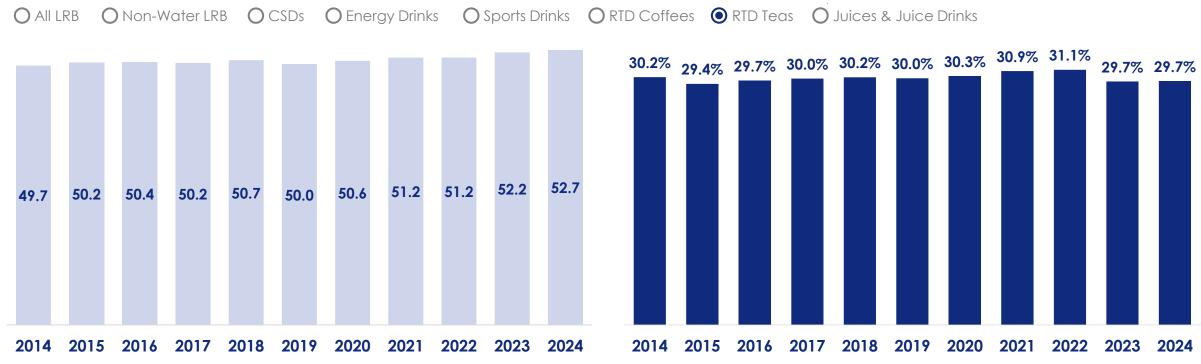




The share of beverages that are no- and low-calorie has increased every year of the initiative, driving a 22% decrease in the average calories per 8 oz serving—from 46.5 in 2014 to 36.1 in 2024. While the growth of water accounts for most of this decline, big shifts toward no- and low-calorie beverages within most other LRB categories also contributed. In particular, the shares of energy drinks, sports drinks, and RTD coffees that are no- and low-calorie have grown exponentially since 2014.

A shift from full-calorie CSDs to no-calorie CSDs has also played a role in calorie reductions since 2018. Prior to 2018, volumes of no-calorie CSDs were declining rapidly, driving up the share of CSDs that were full calorie. In 2018, that trend reversed and sales trends for no-calorie CSDs have outperformed those of full-calorie CSDs ever since. No-calorie CSDs now represent their largest proportion of CSD volumes since before the start of the BCI. This shift corresponded with an acceleration in calorie reductions from CSDs and overall. In recent years, the accelerated shift toward no- and low-calorie options among CSDs and other LRB categories has helped to speed up reductions in calories per person even as the rate of water's growth has slowed.

RTD Tea Calories per 8-Ounce Serving (Left) & Share of RTD Tea Volumes that are No- & Low-Calorie (Right)

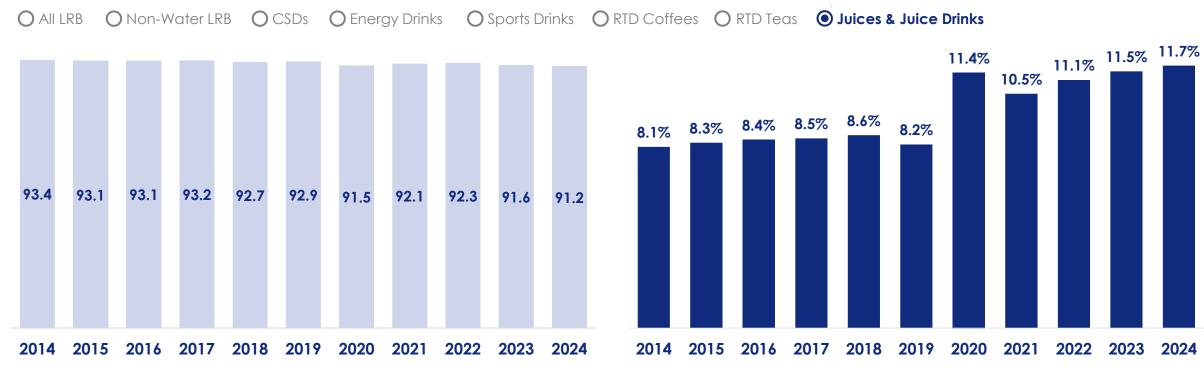




The share of beverages that are no- and low-calorie has increased every year of the initiative, driving a 22% decrease in the average calories per 8 oz serving—from 46.5 in 2014 to 36.1 in 2024. While the growth of water accounts for most of this decline, big shifts toward no- and low-calorie beverages within most other LRB categories also contributed. In particular, the shares of energy drinks, sports drinks, and RTD coffees that are no- and low-calorie have grown exponentially since 2014.

A shift from full-calorie CSDs to no-calorie CSDs has also played a role in calorie reductions since 2018. Prior to 2018, volumes of no-calorie CSDs were declining rapidly, driving up the share of CSDs that were full calorie. In 2018, that trend reversed and sales trends for no-calorie CSDs have outperformed those of full-calorie CSDs ever since. No-calorie CSDs now represent their largest proportion of CSD volumes since before the start of the BCI. This shift corresponded with an acceleration in calorie reductions from CSDs and overall. In recent years, the accelerated shift toward no- and low-calorie options among CSDs and other LRB categories has helped to speed up reductions in calories per person even as the rate of water's growth has slowed.

Juice & Juice Drink Calories per 8-Ounce Serving (Left) & Share of Juice & Juice Drink Volumes that are No- & Low-Calorie (Right)





Key Conclusions

- ▶ In 2024, LRB calories per person fell by 3.1%, bringing the overall reduction since 2014 to 14.2%. This reduction was driven primarily by a consistent, year-long shift in consumption toward no- and low-calorie beverage options.
- Calories per 8-ounce serving decreased by 22% from 2014 to 2024, driven by the growth of water and other no- and low-calorie beverages relative to full- and mid-calorie beverages.
- Per person sales volumes of water grew by 44.4% from 2014 to 2024. Other no- and low-calorie beverages grew by 8.1%, while full- and mid-calorie beverages decreased by 14.2%.
- ▶ Water and other no- and low-calorie beverages grew from 51.6% of LRB sales volumes in 2014 to 62.4% in 2024. No-calorie beverages alone grew from 49.5% to 60.1% of LRB sales volumes.
- ▶ Over the same period, water alone—including unsweetened sparkling waters—grew from representing 35.9% of LRB sales volumes to 47.0%. In contrast the share of beverages that are full- or mid-calorie fell from 48.4% to 37.6%.
- Per person LRB sales volume grew by 10.3% from 2014 to 2024, which shows per person calorie reductions resulted not from not from people consuming fewer beverages, but from them changing the mix of beverages consumed to include more no- and low-calorie options.
- ▶ LRB calories per person will need to come down an additional 5.8 percentage point reduction in calories to meet the 20% reduction goal.



Appendix A: Background

In September 2014, the American Beverage Association, The Coca-Cola Company, Dr Pepper Snapple Group (now Keurig Dr Pepper), PepsiCo, and the Alliance for a Healthier Generation announced a commitment to help reduce beverage calories in the American diet. Recognizing the contribution that excess calories play in obesity, the commitment signatories aim to reduce beverage calories consumed through a two-part initiative referred to as the 2025 Beverage Calories Initiative ("BCI"):

- 1. The National Initiative seeks to reduce liquid refreshment beverage ("LRB")* calories consumed per person nationally by 20% by 2025 (i.e., the national calorie goal).
- 2. The Communities Initiative seeks to achieve equivalent calorie reductions (i.e., the community calorie goal) in communities where reducing beverage calories is expected to be the most challenging.

BCI participants committed to independent, third-party monitoring of progress over time. In consultation with the Alliance for a Healthier Generation, the ABA held a competitive request-for-proposal process and selected Keybridge to measure and monitor progress. Each year, progress toward the national and community calorie goals is reported publicly. This report features progress through 2024 toward the national calorie goal. Progress toward the community calorie goal will be featured in a forthcoming report.

Detailed information about many of the calorie reduction strategies being implemented by BCI Companies is available in previous progress reports and in downloadable summaries from each company, all of which are available at www.ameribev.org/education-resources/policies-research/bci.









*Liquid refreshment beverages ("LRB") refers to most beverages available for purchase through retail stores, fountain, vending machines, and restaurants, and covers nearly all beverages manufactured by the BCI Companies at the time the commitment was made. LRB includes carbonated soft drinks ("CSDs"), juices and juice drinks, ready-to-drink ("RTD") teas and coffees, sports drinks, energy drinks, water and value-added water. LRB excludes alcoholic beverages, dairy products, brewed beverages, drink mixes, energy shots, lemon and lime juice, coconut milk, concentrates, flavor drops, and tap water.





Appendix B: Methodology Summary

The measurement approach is described in detail in earlier BCI reports and in the accompanying detailed methodology document. It is based on three features: (1) using sales volume data as a proxy for consumption; (2) using multiple data sources to corroborate findings and fill gaps; and (3) identifying the underlying drivers of changes in calories per person.

Consistent with previous reports, the primary data source used to develop the national calorie estimates is Beverage Marketing Corporation's DrinkTell database ("DrinkTell"). DrinkTell provides data for all beverages classified as LRB and sold through all channels. A second beverage volume data source, the Beverage Digest Fact Book, is used to corroborate volume trends among the beverage categories it fully covers, including carbonated soft drinks ("CSDs"), the largest category in terms of both volume and calories. A third dataset, the Nielsen Company's Scantrack dataset ("Scantrack") is used to examine calorie trends within the narrower set of sales channels covered by this dataset. Scantrack covers all packaged beverages sold in most major chain stores, which have accounted for about 60% of total LRB volumes. The Scantrack dataset is also used to measure container size changes and flavor-level sales because it is the only dataset with detailed stock keeping unit ("SKU") level product information. Finally, the BCI companies themselves provide some volume and calorie information for their own brands.

The use of multiple data sources helps to ensure that conclusions reflect changes that are broadly observed and not just reflective of a single data source. Additionally, each data source has one or more limitations in terms of coverage and granularity, but their combined use can help increase accuracy and completeness. In this verification approach, the comprehensive but less granular DrinkTell dataset is combined with the less comprehensive but more granular flavor-level volumes and calorie information from Scantrack and the BCI Company data. The combination of these datasets allows the allocation of complete brand-level volumes to the flavor level, resulting in a more precise estimation of calories per person.

This report on 2024 progress shows per person calorie estimates for 2024, the ninth year of BCI implementation at the national level. It also features revised estimates for 2014 through 2023 and the 2025 goal. Updates to these estimates were due to revisions in the underlying brand-level sales volume estimates in DrinkTell and Scantrack as well as updates to national population estimates which incorporate the more accurate data available from the 2020 decennial census.

The full methodology can be found at www.ameribev.org/education-resources/policies-research/bci.

Average Calories Per Person Per Day (Average Per Capita Daily Calories) ¹													
Category	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2014-2024 Change	2023-2024 Change
Total													
CSD	125.5	124.0	123.0	121.2	119.2	116.4	109.9	113.4	112.9	109.5	107.7	-17.8	-1.8
Juice	42.6	41.7	41.3	39.6	38.0	37.3	35.5	35.5	34.5	32.0	29.7	-12.9	-2.3
RTD Tea	10.8	11.3	11.6	11.6	11.6	11.2	10.9	11.6	11.3	11.1	10.9	0.1	-0.2
RTD Coffee	2.1	2.4	2.7	3.0	3.1	3.3	3.5	4.0	4.0	3.8	3.7	1.6	-0.1
Energy	6.2	6.7	7.0	7.1	7.3	6.8	6.8	7.5	7.7	7.9	7.2	1.0	-0.6
Value Added Water	0.9	0.9	0.9	0.9	0.9	0.8	0.8	0.8	0.9	0.7	0.7	-0.2	0.0
Sports Drinks	9.5	10.0	10.3	10.1	10.1	9.4	9.2	9.6	10.3	9.8	9.5	0.0	-0.3
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Total	197.5	196.9	196.7	193.4	190.2	185.2	176.6	182.4	181.6	174.8	169.4	-28.1	-5.4
Full-Calorie (More than 67 C					110								
CSD	125.0	123.6	122.6	120.8	118.9	116.1	109.7	113.2	112.7	109.3	107.5	-17.5	-1.8
Juice	37.6	36.5	36.4	34.9	33.5	32.9	31.4	31.7	30.9	28.6	26.5	-11.0	-2.1
RTD Tea	6.7	7.2	7.5	7.6	7.7	7.5	7.5	8.3	8.2	8.3	8.3	1.6	0.0
RTD Coffee	2.1	2.4	2.6	2.9	3.1	3.2	3.4	3.9	3.8	3.6	3.5	1.4	-0.1
Energy	6.0	6.5	6.8	6.9	7.1	6.6	6.6	7.3	7.4	7.5	6.8	0.8	-0.7
Value Added Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sports Drinks	0.0	0.0	0.1	0.2	0.3	0.0	0.0	0.4	0.4	0.5	0.6	0.6	0.0
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Subtotal	177.4	176.3	176.0	173.4	170.6	166.3	158.6	164.7	163.4	157.8	153.3	-24.1	-4.5
Mid-Calorie (41-66 Calories		170.3	170.0	173.4	170.0	100.3	130.0	104.7	103.4	137.0	155.5	-24.1	-4.5
CSD Calone (41-88 Calones		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	0.0	0.0		0.0									0.0
Juice	4.1	4.3	4.1	3.8	3.7	3.6	2.9	2.7	2.6	2.4	2.3	-1.8	-0.1
RTD Tea	3.7	3.7	3.6	3.6	3.5	3.3	3.1	2.9	2.8	2.6	2.5	-1.3	-0.2
RTD Coffee	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.0
Energy	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.0	-0.1	0.0
Value Added Water	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	-0.1	0.0
Sports Drinks	9.2	9.7	10.0	9.7	9.5	9.2	8.9	8.9	9.6	8.9	8.6	-0.6	-0.4
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Subtotal	17.5	18.0	18.0	17.4	17.0	16.4	15.2	14.9	15.3	14.2	13.6	-3.9	-0.7
Low-Calorie (5-40 Calories p													
CSD	0.3	0.2	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.0	-0.2	0.0
Juice	0.9	0.9	0.9	8.0	0.8	0.8	1.2	1.1	1.1	1.0	0.9	0.0	-0.1
RTD Tea	0.3	0.4	0.4	0.4	0.4	0.3	0.3	0.3	0.3	0.2	0.2	-0.2	0.0
RTD Coffee	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.0
Energy	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.3	0.3	0.2	0.0
Value Added Water	0.6	0.6	0.6	0.6	0.6	0.6	0.5	0.6	0.7	0.5	0.5	-0.1	0.0
Sports Drinks	0.3	0.3	0.3	0.2	0.3	0.2	0.2	0.3	0.3	0.3	0.2	0.0	-0.1
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Subtotal	2.4	2.4	2.4	2.4	2.4	2.2	2.5	2.6	2.7	2.4	2.3	-0.2	-0.2
No-Calorie (Less than 5 calo	ories per 8 oz.)												
CSD	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.1	-0.1	0.0
Juice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
RTD Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
RTD Coffee	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Energy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.0
Value Added Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sports Drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Subtotal	0.2	0.2	0.3	0.3	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.0	0.0
	nels and Non-Nielsen Channe		3.0	0.0	J.=	2.0	0.0	5.0		2.0	0.0	0.0	0.0
Nielsen ²	132.5	130.7	128.9	124.7	122.1	119.1	124.3	123.7	119.5	113.3	109.7	-22.8	-3.6
Non-Nielsen ³	65.0	66.2	67.9	68.8	68.1	66.1	52.2	58.7	62.2	61.5	59.7	-5.3	-1.8
TACHTHIODOH	00.0	00.2	sus Bureau ³ Represents t		00.1	00.1	UZ.Z	56.7	02.2	01.0	57.7	5.5	1.0

Previous

					1	Daily Volume Per Person, Ou	nces Per Person Per Day ¹						
Category	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2014-2024 Change	2023-2024 Change
Total													
CSD	13.8	13.4	13.1	12.9	12.7	12.5	11.9	12.3	12.4	12.0	11.9	-1.8	-0.1
Juice	3.6	3.6	3.6	3.4	3.3	3.2	3.1	3.1	3.0	2.8	2.6	-1.0	-0.2
RTD Tea	1.7	1.8	1.8	1.8	1.8	1.8	1.7	1.8	1.8	1.7	1.7	-0.1	0.0
RTD Coffee	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.1	0.0
Energy	0.6	0.7	0.7	0.7	0.8	0.9	0.9	1.0	1.1	1.2	1.2	0.5	0.0
Value Added Water	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5	0.4	0.1	0.0
Sports Drinks	1.6	1.6	1.7	1.6	1.7	1.7	1.8	1.9	1.9	1.8	1.8	0.2	-0.1
Water	12.2	13.1	14.0	14.8	15.5	16.0	16.6	17.4	17.5	17.4	17.6	5.4	0.3
Total	34.0	34.6	35.4	35.9	36.4	36.7	36.6	38.2	38.4	37.6	37.5	3.5	-0.1
Full-Calorie (More than 67 Calo	ories per 8 oz.)												
CSD	9.9	9.8	9.7	9.6	9.4	9.2	8.7	9.0	9.0	8.7	8.6	-1.3	-0.1
Juice	2.7	2.7	2.7	2.6	2.5	2.4	2.3	2.4	2.3	2.1	2.0	-0.8	-0.2
RTD Tea	0.6	0.7	0.7	0.7	0.7	0.7	0.7	0.8	0.8	0.8	0.8	0.1	0.0
RTD Coffee	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.1	0.0
Energy	0.4	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.1	0.0
Value Added Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sports Drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Subtotal	13.8	13.8	13.7	13.5	13.4	13.0	12.4	12.9	12.8	12.4	12.1	-1.8	-0.3
Mid-Calorie (41-66 Calories pe	er 8 oz.)												
CSD	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Juice	0.6	0.6	0.6	0.6	0.5	0.5	0.4	0.4	0.4	0.4	0.3	-0.3	0.0
RTD Tea	0.6	0.6	0.6	0.6	0.5	0.5	0.5	0.5	0.4	0.4	0.4	-0.2	0.0
RTD Coffee	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Energy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Value Added Water	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sports Drinks	1.4	1.4	1.5	1.4	1.4	1.4	1.3	1.3	1.4	1.3	1.3	-0.1	-0.1
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Subtotal	2.6	2.7	2.7	2.6	2.6	2.5	2.3	2.2	2.3	2.1	2.0	-0.6	-0.1
Low-Calorie (5-40 Calories per													
CSD	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	-0.1	0.0
Juice	0.3	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.2	0.2	0.0	0.0
RTD Tea	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0
RTD Coffee	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0
Energy	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.3	0.3	0.3	0.0
Value Added Water	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.0
Sports Drinks	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.0
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Subtotal	0.7	0.7	0.7	0.7	0.7	0.6	0.7	0.7	0.8	0.9	0.8	0.1	0.0
No-Calorie (Less than 5 calorie													
CSD	3.8	3.5	3.4	3.3	3.3	3.3	3.2	3.3	3.4	3.3	3.4	-0.4	0.1
Juice	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.0
RTD Tea	0.4	0.4	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.4	0.0	0.0
RTD Coffee	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Energy	0.1	0.1	0.1	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.2	0.0
Value Added Water	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.2	0.0
Sports Drinks	0.1	0.1	0.1	0.1	0.1	0.2	0.4	0.4	0.4	0.3	0.3	0.3	0.0
Water	12.2	13.1	14.0	14.8	15.5	16.0	16.6	17.4	17.5	17.4	17.6	5.4	0.3
Subtotal	16.8	17.5	18.3	19.0	19.8	20.6	21.2	22.3	22.4	22.2	22.6	5.7	0.3
By Nielsen-Measured Channel			20.1	00 -			0.0			00.0			
Nielsen²	21.7	22.0	22.4	22.5	22.7	22.9	24.2	24.8	24.5	23.9	23.8	2.0	
Non-Nielsen³	12.3	12.6	13.0	13.4	13.8	13.9	12.4	13.4	13.8	13.7	13.8	1.5	0.0
¹ Data from DrinkTell and Censu	us Bureau ´Data from Nie	elsen Scantrack and Ce	ensus Bureau ³ Represents th	e difference between Drin	ctell and Nielsen Scantra	ck Note: All averages are	weighted by volume.						

Previous

					Total LRB Volu	me Eight-Ounce Equi	valent Servings, In Mil	lions ¹					
Category	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2014-2024 Change	2023-2024 Change
Total													
CSD	200,017	196,472	194,440	191,676	190,565	188,350	180,928	186,933	188,283	184,755	185,335	(14,682)	580
Juice	53,049	52,545	52,650	50,624	49,156	48,323	47,084	46,676	45,587	42,971	40,478		(2,493)
RTD Tea	25,350	26,343	27,234	27,533	27,459	26,953	26,059	27,390	26,916	26,105	25,767	417	(338)
RTD Coffee	1,924	2,230	2,515	2,836	3,086	3,290	3,717	4,491	4,595	4,470	4,366	2,442	(104)
Energy	9,249	10,068	10,553	10,942	11,881	12,909	13,234	14,857	16,370	17,805	18,093	8,844	288
Value Added Water	4,668	4,895	5,213	5,532	6,020	6,003	5,904	6,630	7,203	7,087	6,920	2,251	(167)
Sports Drinks	22,652	23,902	24,825	24,308	24,989	25,476	26,882	28,279	29,504	28,339	27,562	4,910	(777)
Water	177,517	191,580	207,284	220,446	232,256	241,544	251,561	263,916	266,488	266,626	273,581	96,064	6,955
Total	494,426	508,035	524,716	533,898	545,412	552,848	555,370	579,171	584,945	578,157	582,102	87,676	3,945
Full-Calorie (More than 67	Calories per 8 oz.)												
CSD	143,569	143,526	143,592	142,602	141,379	139,026	132,337	136,340	136,467	133,670	132,795	(10,774)	(875)
Juice	39,955	39,089	39,386	37,970	36,801	36,475	35,191	35,639	34,645	32,466	30,379	(9,576)	(2,087)
RTD Tea	9,227	10,108	10,700	10,852	11,006	10,976	10,727	11,911	11,840	12,033	12,109	2,882	76
RTD Coffee	1,882	2,136	2,364	2,576	2,707	2,833	3,059	3,492	3,471	3,325	3,162	1,280	(163)
Energy	6,328	6,871	7,263	7,360	7,562	7,176	7,255	8,027	8,177	8,305	7,650	1,322	(655)
Value Added Water	0	0	0	0	-	-	-	-	-	-	-	(0)	-
Sports Drinks	23	68	180	300	591	1	1	626	764	934	1,152	1,128	217
Water	-	-	-	-	-	-	-	-	-	-	-	-	-
Subtotal	200,985	201,798	203,484	201,659	200,045	196,486	188,570	196,035	195,363	190,734	187,247	(13,737)	(3,486)
Mid-Calorie (41-66 Calorie	es per 8 oz.)												
CSD	8	7	7	7	7	2	1	0	-	-	-	(8)	-
Juice	8,797	9,103	8,834	8,364	8,120	7,883	6,517	6,151	5,888	5,576	5,352	(3,445)	(224)
RTD Tea	8,471	8,499	8,433	8,420	8,170	7,880	7,435	7,012	6,713	6,330	6,001	(2,469)	(329)
RTD Coffee	16	23	59	87	96	110	130	161	210	141	116	100	(26)
Energy	183	146	116	131	183	188	142	104	145	119	70		(48)
Value Added Water	747	664	583	562	539	457	434	445	463	446	438	(309)	(8)
Sports Drinks	20,002	21,252	22,069	21,489	21,242	20,519	20,111	20,032	21,623	20,261	19,674	(327)	(587)
Water	-	-	-	-	-	-	-	-	-	-	-	-	-
Subtotal	38,224	39,694	40,103	39,060	38,357	37,039	34,771	33,905	35,041	32,874	31,652	(6,572)	(1,223)
Low-Calorie (5-40 Calories													
CSD	1,206	985	823	585	490	373	297	262	172	162	143		(19)
Juice	3,647	3,622	3,657	3,608	3,598	3,299	4,470	3,886	3,985	3,580	3,284		(296)
RTD Tea	1,290	1,364	1,409	1,352	1,375	1,069	1,071	1,202	1,183	819	776	(514)	(43)
RTD Coffee	25	49	67	123	207	257	418	668	757	816	918		101
Energy	964	1,000	1,041	1,100	1,191	1,203	1,125	1,597	2,853	4,379	5,072		693
Value Added Water	1,809	1,778	1,841	1,906	1,960	1,934	1,703	1,918	2,135	1,568	1,558	(251)	(10)
Sports Drinks	1,616	1,529	1,495	1,390	1,550	1,428	1,387	1,727	1,569	1,881	1,414	(202)	(467)
Water	-	-	-	-	-	-	-	-	-	-	-	-	-
Subtotal	10,556	10,326	10,333	10,064	10,371	9,563	10,470	11,261	12,655	13,205	13,164	2,608	(40)
No-Calorie (Less than 5 ca													
CSD	55,234	51,954	50,018	48,482	48,689	48,950	48,293	50,330	51,644	50,923	52,397		1,474
Juice	650	731	772	682	638	666	907	1,000	1,069	1,349	1,463		114
RTD Tea	6,362	6,373	6,692	6,909	6,908	7,028	6,826	7,265	7,180	6,923	6,881	518	(42)
RTD Coffee	1	21	26	50	77	89	110	169	157	187	170	169	(17)
Energy	1,774	2,052	2,133	2,351	2,945	4,342	4,712	5,128	5,196	5,002	5,301	3,527	299
Value Added Water	2,112	2,454	2,790	3,065	3,521	3,612	3,767	4,267	4,605	5,073	4,924	2,812	(149)
Sports Drinks	1,011	1,052	1,081	1,129	1,606	3,529	5,383	5,894	5,548	5,262	5,323	4,311	61
Water	177,517	191,580	207,284	220,446	232,256	241,544	251,561	263,916	266,488	266,626	273,581	96,064	6,955
Subtotal	244,661	256,217	270,796	283,115	296,638	309,760	321,559	337,970	341,887	341,344	350,039	105,377	8,695
By Nielsen-Measured Char													
L A 12 L 2	315,045	322,180	330,556	333,510	338,466	343,362	364,997	375,326	372,866	365,931	367,725	52,680	1,794
Nielsen ²													

 $^{^{-1}}$ Data from DrinkTell $^{-2}$ Data from Nielsen Scantrack $^{-3}$ Represents the difference between Drinktell and Nielsen Scantrack



Share of LRB Volume by Beverage Category ¹													
Category	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2014-2024 Change	2023-2024 Change
Total													
CSD	40%	39%	37%	36%	35%	34%	33%	32%	32%	32%	32%	-9%	0%
Juice	11%	10%	10%	9%	9%	9%	8%	8%	8%	7%	7%	-4%	0%
RTD Tea	5%	5%	5%	5%	5%	5%	5%	5%	5%	5%	4%	-1%	0%
RTD Coffee	0%	0%	0%	1%	1%	1%	1%	1%	1%	1%	1%	0%	0%
Energy	2%	2%	2%	2%	2%	2%	2%	3%	3%	3%	3%	1%	0%
Value Added Water	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%	0%
Sports Drinks	5%	5%	5%	5%	5%	5%	5%	5%	5%	5%	5%	0%	0%
Water	36%	38%	40%	41%	43%	44%	45%	46%	46%	46%	47%	11%	1%
Total		-	-	-	-	-	-	-	-	-		-	-
Full-Calorie (More than 67	Calories per 8 oz.)												
CSD	29%	28%	27%	27%	26%	25%	24%	24%	23%	23%	23%	-6%	0%
Juice	8%	8%	8%	7%	7%	7%	6%	6%	6%	6%	5%	-2%	0%
RTD Tea	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	0%	0%
RTD Coffee	0%	0%	0%	0%	0%	1%	1%	1%	1%	1%	1%	0%	0%
Energy	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%	0%
Value Added Water	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Sports Drinks	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Water	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Subtotal	41%	40%	39%	38%	37%	36%	34%	34%	33%	33%	32%	-8%	0%
Mid-Calorie (41-66 Calorie		10,0	01,0	55,0	0.70				55,7	5575			
CSD	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Juice	2%	2%	2%	2%	1%	1%	1%	1%	1%	1%	1%	-1%	0%
RTD Tea	2%	2%	2%	2%	1%	1%	1%	1%	1%	1%	1%	-1%	0%
RTD Coffee	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Energy	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Value Added Water	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Sports Drinks	4%	4%	4%	4%	4%	4%	4%	3%	4%	4%	3%	-1%	0%
Water	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Subtotal	8%	8%	8%	7%	7%	7%	6%	6%	6%	6%	5%	-2%	0%
Low-Calorie (5-40 Calories		2,0	0,0	7,0	.,,	. , ,	0,0	0,0	• 70	0,0	2,0	2,0	0,0
CSD	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Juice	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%	0%
RTD Tea	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
RTD Coffee	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Energy	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	1%	1%	0%
Value Added Water	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Sports Drinks	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Water	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Subtotal	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	0%	0%
No-Calorie (Less than 5 ca		2,0	-/-	_,,	2,0	_/~	2,0	2,0	_/*	2,0	2,0	• • • • • • • • • • • • • • • • • • • •	0,0
CSD CSD	11%	10%	10%	9%	9%	9%	9%	9%	9%	9%	9%	-2%	0%
Juice	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
RTD Tea	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%	0%
RTD Coffee	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Energy	0%	0%	0%	0%	1%	1%	1%	1%	1%	1%	1%	1%	0%
Value Added Water	0%	0%	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%	0%
Sports Drinks	0%	0%	0%	0%	0%	1%	1%	1%	1%	1%	1%	1%	0%
Water	36%	38%	40%	41%	43%	44%	45%	46%	46%	46%	47%	10%	1%
Subtotal	49%	50%	52%	53%	54%	56%	58%	58%	58%	59%	60%	10%	1%
By Nielsen-Measured Cha			32/6	33/0	34/0	30/0	30/6	36%	36/6	37/0	60%	10%	170
Nielsen ²	64%	63%	63%	62%	62%	62%	66%	65%	64%	63%	63%	-1%	0%
Non-Nielsen ³	36%	37%	37%	38%	38%	38%	34%	35%	36%	37%	37%	1%	0%

 $^{^{-1}}$ Data from DrinkTell $^{-2}$ Data from Nielsen Scantrack $^{-3}$ Represents the difference between Drinktell and Nielsen Scantrack

Previous Next

						Average Calories Per Ei	ght-Ounce Serving ¹						
Category	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2014-2024 Change	2023-2024 Change
Total													
CSD	73.0	74.0	75.0	75.3	74.9	74.4	73.7	73.6	73.1	72.9	72.1	-0.8	-0.8
Juice	93.4	93.1	93.1	93.2	92.7	92.9	91.5	92.1	92.3	91.6	91.2	-2.2	-0.4
RTD Tea	49.7	50.2	50.4	50.2	50.7	50.0	50.6	51.2	51.2	52.2	52.7	3.0	0.5
RTD Coffee	128.1	128.9	125.4	125.4	121.4	119.2	115.2	108.8	106.2	104.5	104.9	-23.2	0.4
Energy	77.8	77.5	78.4	77.2	73.2	63.7	62.3	61.2	57.2	54.2	49.5	-28.3	-4.8
Value Added	22.0	20.8	19.5	18.8	17.5	16.8	15.5	15.2	15.3	12.0	12.1	-9.9	0.2
Sports Drinks	48.7	49.1	49.3	49.4	48.5	44.5	41.4	41.1	42.6	42.5	42.6	-6.1	0.1
Water	-	-	-	-	-	-	-	-	-	-			0.0
Total	46.5	45.5	44.5	43.2	41.8	40.3	38.6	38.2	37.9	37.2	36.1	-10.4	-1.0
Full-Calorie (More th	an 67 Calories per 8 oz.)											
CSD	101.3	101.0	101.2	100.9	100.7	100.6	100.5	100.6	100.7	100.6	100.5	-0.8	-0.1
Juice	109.4	109.7	109.5	109.6	109.0	108.7	108.3	107.7	108.6	108.3	108.5	-1.0	0.2
RTD Tea	84.7	83.3	83.3	83.5	84.2	82.8	84.5	84.7	84.6	84.5	84.9	0.2	0.4
RTD Coffee	130.3	133.6	131.7	135.5	135.3	134.8	135.4	134.3	133.9	134.4	138.3	8.0	3.9
Energy	109.9	110.4	111.1	111.9	111.7	111.1	110.4	109.9	109.8	110.3	110.0	0.0	-0.4
Value Added	97.1	98.5	97.4	96.0	-	-		-	-	-		0.0	0.0
Sports Drinks	71.1	70.3	70.1	70.1	70.3	94.1	95.0	70.3	70.0	70.0	70.0		0.0
Water		7 0.0	-	-	-	-	-	-	7 0.0	7 0.0	70.0		-
Subtotal	102.7	102.5	102.6	102.4	102.2	102.0	102.0	101.8	102.0	101.7	101.6	-1.1	-0.1
Mid-Calorie (41-66 C		102.0	102.0	102.4	102.2	102.0	102.0	101.0	102.0	10117	101.0	1.1	0.1
CSD	60.0	60.0	60.0	60.0	60.0	60.0	59.8	60.0	_	_		0.0	0.0
Juice	54.7	54.8	54.7	54.4	54.7	54.8	53.5	53.5	53.3	53.4	53.1	-1.6	-0.3
RTD Tea	51.4	51.4	51.2	50.9	51.1	50.9	50.5	50.4	50.4	50.6	50.7		0.2
RTD Coffee	53.5	53.6	52.2	54.8	53.0	53.9	55.5	57.4	56.8	55.8	55.5		-0.3
Energy	58.5	58.7	58.4	55.2	51.5	49.7	49.7	49.6	53.6	58.1	59.7	1.2	1.6
Value Added	48.1	48.1	48.0	47.5	47.7	47.4	47.3	47.1	46.9	47.9	48.6	0.4	0.7
Sports Drinks	53.5	53.5	53.5	53.5	53.5	53.8	53.9	54.1	54.2	54.2	54.1	0.4	-0.1
Water	55.5	- 33.3		33.3	-	55.6	33.7	54.1	54.2	54.2	54.1	0.8	-0.1
Subtotal	53.2	53.3	53.2	53.1	53.2	53.3	53.0	53.2	53.2	53.3	53.2	0.0	0.0
Low-Calorie (5-40 Calorie)		55.5	55.2	33.1	55.2	55.5	55.0	55.2	55.2	55.5	55.2	0.0	0.0
CSD	24.6	26.3	30.7	33.2	35.0	35.5	36.6	35.6	38.9	38.0	37.7	13.2	-0.3
Juice	28.0	28.3	28.0	28.0	27.9	27.7	32.8	33.2	33.6	34.4	33.9		-0.5
RTD Tea	31.3	32.4	32.7	33.1	33.2	33.1	32.4	31.9	31.4	30.4	30.0		-0.4
RTD Coffee	11.2	12.7	14.1	14.5	14.6	15.1	15.0	14.7	14.4	14.5	14.9		-0.4
	12.0	11.6	11.2	10.9	11.1	10.8	10.8	10.0	8.6	7.9	7.7		
Energy	36.4	38.2	38.5	38.4	38.4			38.6	38.7	37.2	37.3		-0.2 0.1
Value Added	19.7	20.7				38.6	38.6				20.9		
Sports Drinks		20.7	20.7	20.9	20.9	20.7	20.0	20.0	20.4	22.3	20.9	1.2	-1.3
Water Subtotal	- 0/ 7	07.5	07.0	07.0	- 07.7	07.2	-	07.4	05.0	-	01.2	-	1.5
	26.7	27.5	27.9	27.9	27.7	27.3	29.0	27.6	25.9	22.8	21.3	-5.4	-1.5
	n 5 calories per 8 oz.)	0.4	0.5	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.0	0.1	0.0
CSD	0.4	0.4	0.5	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.3		0.0
Juice	0.7	0.8	1.0	1.4	0.4	0.5	0.5	0.5	0.5	0.7	0.8		0.2
RTD Tea	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2		0.0
RTD Coffee	0.8	2.6	2.5	2.6	2.8	2.8	2.8	2.5	2.5	2.4	2.4	1.6	-0.1
Energy	0.7	0.8	0.9	0.8	0.7	0.8	1.1	1.3	1.3	1.6	1.9		0
Value Added	0.5	0.7	1.1	1.3	1.2	1.3	1.3	1.3	1.2	1.0	0.9		-0.2
Sports Drinks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		0.0
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0		0.0
Subtotal	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.0
		elsen Channels											
Nielsen ²	48.8	47.5	46.0	44.4	43.1	41.7	41.1	39.8	38.9	38.0	36.9		-1.0
Non-Nielsen ³	42.4	42.0	41.8	41.0	39.6	38.2	33.6	35.1	35.9	35.8	34.7	-7.6	-1.1

Previous

	Average Oz. Per Container (Containers ≤ 1L Only) by Beverage Category'												
Category	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2014-2024 Change	2023-2024 Chang
otal													
CSD	13.4	13.4	13.5	13.5	13.5	13.5	13.4	13.4	13.3	13.2	13.1	-0.2	-0.1
Juice	9.7	9.9	10.0	10.1	10.0	10.1	10.1	9.9	10.0	10.0	10.1	0.4	0.1
RTD Tea	18.2	18.2	18.1	18.2	18.1	17.9	17.7	17.6	17.4	17.5	17.5	-0.7	0.1
RTD Coffee	14.7	14.6	14.8	14.6	14.9	15.0	14.8	14.7	14.6	14.3	14.4	-0.3	0.1
Energy	14.1	14.3	14.4	14.4	14.5	14.5	14.3	14.1	13.9	13.7	13.6	-0.5	-0.1
Value Added	17.5	17.3	17.9	18.0	18.2	18.0	17.8	17.6	17.6	17.6	17.6	0.1	0.0
Sports Drinks	23.0	22.5	22.2	21.9	21.7	21.6	20.5	20.0	19.2	18.9	18.6	-4.4	-0.3
Water	17.0	17.0	16.9	16.8	16.7	16.7	16.7	16.7	16.7	16.7	16.6	-0.4	0.0
Total	15.0	15.1	15.2	15.2	15.3	15.3	15.2	15.1	15.0	15.0	15.0	0.0	0.0
Full-Calorie (More tha	ın 67 Calories per 8 oz.)												
CSD	13.4	13.5	13.5	13.6	13.5	13.5	13.4	13.3	13.3	13.2	13.2	-0.2	0.0
Juice	10.2	10.6	10.7	11.1	11.0	11.3	11.2	10.9	10.8	10.9	10.9	0.8	0.0
RTD Tea	17.6	17.4	17.3	17.1	17.1	16.8	16.7	16.6	16.5	16.7	16.9	-0.7	0.2
RTD Coffee	14.8	14.7	14.8	14.8	15.0	15.1	14.9	14.9	14.7	14.4	14.5	-0.3	0.1
Energy	14.0	14.3	14.3	14.4	14.3	14.1	13.9	13.6	13.5	13.4	13.4	-0.6	0.0
Value Added	19.2	19.1	17.2	17.4	18.1	18.1	18.4	18.2	17.9	18.1	18.4	-0.7	0.3
Sports Drinks	15.9	16.7	17.2	19.5	19.9	20.3	19.6	18.8	18.6	19.3	18.4	2.6	-0.9
Water	-	-	-	-	-	-	-	-	-	-	-	-	-
Subtotal	13.1	13.3	13.4	13.5	13.4	13.5	13.3	13.3	13.2	13.2	13.1	0.0	0.0
Mid-Calorie (41-66 Ca													
CSD	0.0	0.0	-	-	-	-	-	-	-	-		_	
Juice	8.3	8.7	9.0	8.4	8.2	8.2	8.2	8.1	8.3	8.4	8.4	0.1	0.1
RTD Tea	18.9	18.7	18.5	19.0	19.3	19.2	19.0	18.7	18.5	18.6	18.5	-0.4	-0.1
RTD Coffee	18.8	18.0	16.6	13.3	13.2	13.9	13.2	12.3	12.5	12.9	13.5	-5.3	0.6
Energy	13.1	13.6	13.3	13.8	14.5	15.3	15.9	14.6	14.4	13.6	12.8	-0.3	-0.8
Value Added	19.0	19.0	18.7	18.6	18.6	18.5	17.4	16.6	16.3	16.4	15.9	-3.0	-0.5
Sports Drinks	23.1	22.6	22.4	22.1	21.9	21.6	20.6	20.2	19.3	18.9	18.7	-4.4	-0.2
Water	-	-			-	-	-	-	-	-	-	-	-
Subtotal	17.6	17.6	17.7	17.4	17.2	16.8	16.3	15.9	15.7	15.5	15.4	-2.2	-0.1
Low-Calorie (5-40 Cal													
CSD	13.2	12.8	12.9	12.9	13.3	13.4	11.9	10.6	10.9	11.3	11.7	-1.5	0.4
Juice	9.0	8.9	8.8	8.8	9.1	8.6	8.6	8.3	8.6	8.7	8.9	-0.1	0.2
RTD Tea	17.9	18.2	18.9	18.6	18.1	17.9	17.8	17.8	17.7	17.8	17.9	0.0	0.1
RTD Coffee	10.7	11.4	11.8	10.7	12.3	12.7	10.1	11.7	12.9	11.9	11.7	1.1	-0.2
Energy	13.4	13.6	13.4	13.4	13.4	13.3	13.2	13.1	12.7	12.3	12.2	-1.2	-0.2
Value Added	9.8	10.2	12.0	13.4	13.4	13.2	13.4	12.5	12.7	13.7	14.2	4.4	0.5
Sports Drinks	18.3	17.9	17.5	16.3	16.8	16.9	17.0	17.5	17.5	17.8	17.4	-0.9	-0.4
Water	-	-	-	-	-	-	-	-	-	-	-	-	
Subtotal	13.4	13.1	13.2	13.0	13.1	12.5	12.4	12.2	12.4	12.5	12.5	-0.9	0.0
No-Calorie (Less than		1011	1012	10.0	1011	12.0	12.1	12.2	12.1	12.0	12.0	017	0.0
CSD	13.2	13.3	13.4	13.4	13.5	13.5	13.5	13.5	13.3	13.2	13.0	-0.2	-0.2
Juice	15.8	14.5	14.2	14.3	14.7	14.9	14.7	14.6	14.8	14.5	14.5	-1.4	0.0
RTD Tea	15.8	15.9	15.9	15.8	15.9	15.8	17.0	17.2	17.1	17.1	17.1	1.3	0.0
RTD Coffee	3.9	9.9	9.8	10.5	10.0	10.0	9.9	9.9	9.5	9.2	9.8	5.9	0.6
Energy	13.3	13.3	13.5	13.4	13.5	13.5	13.7	15.1	15.2	15.0	15.0	1.7	0.0
Value Added	20.6	19.5	19.8	19.6	19.8	19.7	19.5	19.1	19.3	19.0	19.1	-1.4	0.1
Sports Drinks	26.2	25.8	25.6	25.6	25.3	22.8	20.9	20.4	19.4	18.9	18.4	-7.8	-0.4
Water	17.0	17.0	16.9	16.8	16.7	16.7	16.7	16.7	16.7	16.7	16.6	-0.4	0.0
Subtotal	16.2	16.2	16.3	16.2	16.2	16.3	16.2	16.2	16.2	16.1	16.0	-0.2	-0.1

Non-Nielsen³

Nielsen²

Data from Drinkfell 2 Data from Nielsen Scantrack 3 Represents the difference between Drinkfell and Nielsen Scantrack





DrinkTell does not report container size information, thus all container size information reported above is reflective of beverages sold in Nielsen-measured channels.