



Say NO to Soda and other sweetened drinks!

Why?



There is a direct connection between the rise in OBESITY and the increase in regular SODA consumption. Every soda consumed increases a child's risk for overweight by 60%.



High fructose corn syrup (the sugar in soda and fruit drinks) increases your risk for high blood pressure (stroke) and type 2 diabetes.



Drinking soda daily is correlated with vitamin and mineral deficiencies, that can weaken your bones and teeth.



A 44 oz soda contains $\frac{3}{4}$ cup of sugar and 450 calories. If you drink one every day you can gain one pound in a week.



Children are watching you. 56% of 8 YEAR OLDS in the US drink at least 1 SODA EVERY DAY.

Got Thirst? Get Water!



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