KNOW The Facts About Soda And Sugary Drinks

Over-consumption of soda and sugary drinks is a leading cause of obesity.

- Sugary drinks include non-diet soda, sports drinks, energy drinks and sweetened fruit drinks.
- Sodas are high calorie, have little or no nutritional value and don't make you feel full.
- The single greatest source of added sugar in the average American's diet is soda.
- Sugary drinks cause obesity, diabetes, high blood pressure, heart disease and cavities.

Low-calorie options like water, low-fat milk and unsweetened tea are healthy alternatives instead of soda and other sugary drinks.

Together, we can ask our schools and other child-serving venues to remove or limit access to sugary beverages and to provide fresh drinking water and other healthier drink options.

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If we have more healthy choices, we'll be able to have healthier lives. For more information, contact:
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