



Soda, juice drinks, flavored milk and sports drinks are loaded with added sugars and calories with little or no nutritional value.

Sugary drinks can destroy teeth, cause obesity and lead to type II diabetes.

CutSugaryDrinks.org

PROTECT YOUR KIDS

- Serve water and low-fat or non-fat milk.
- Set an example and don't drink sugary drinks yourself.
- Avoid the sugary drink aisle at the supermarket and don't bring them in the house.
- Add slices of fruit to a glass of water.
- Serve no more than 4-6 oz. of 100% juice a day for kids ages 1-5.



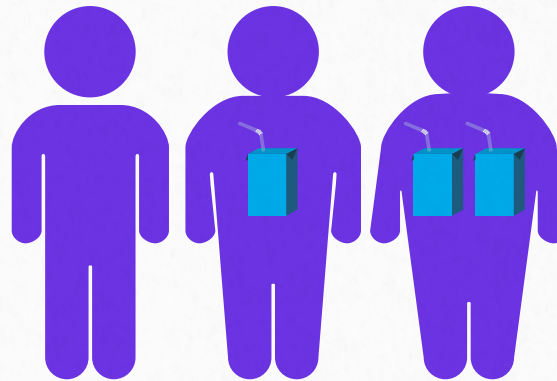
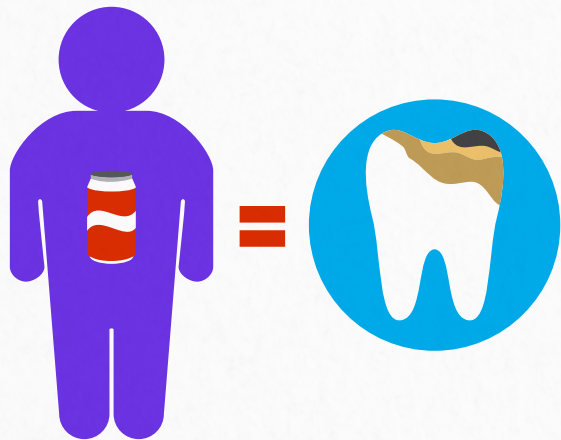
design: Better World Advertising [socialmarketing.com]



children who drink
soda

have nearly **double** the risk of

TOOTH DECAY

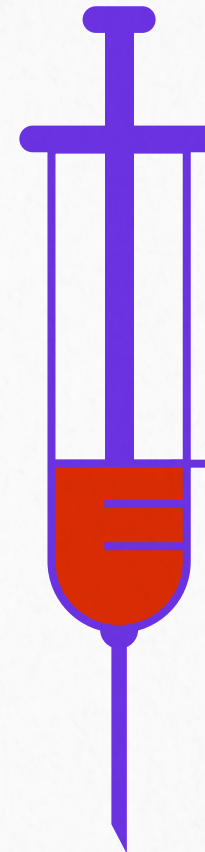


every extra
sugary drink

a child has *per day*
increases their risk of

OBESITY

—by 60%—



drinking **1 or 2**
sugary drinks a day
increases a child's risk for
type II

DIABETES
by 25%