



**Juice drinks, soda, 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](http://CutSugaryDrinks.org)

## PROTECT YOUR KIDS

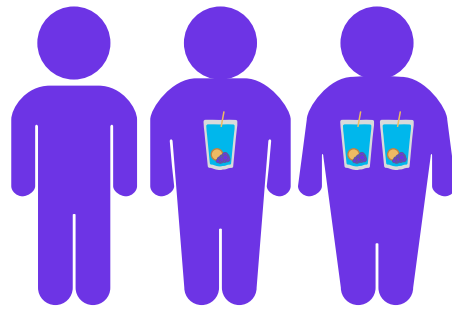
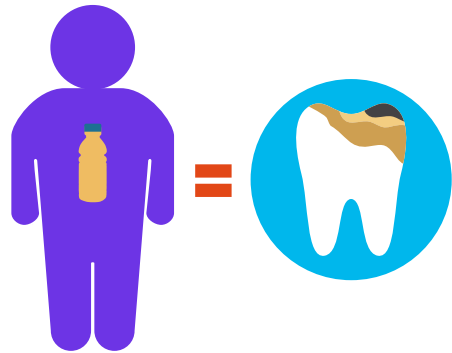
- Serve water and low-fat or non-fat milk.
- Set an example and don't drink sugary drinks yourself.
- Avoid the sugary drink aisle at the supermarket and don't bring them in the house.
- Add slices of fruit to a glass of water.
- Serve real fruit instead of juice drinks.



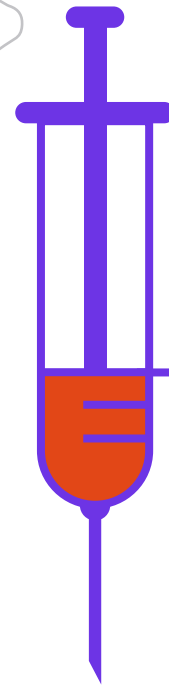
design: Better World Advertising [socialmarketing.com]



—juice drinks—  
contribute more to  
**TOOTH DECAY**  
than **soda**  
because they are *more acidic*  
and have *as much or more*  
—sugar—



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%**