

Re-think Your Drink

CAFFEINE

- Many soft drinks contain caffeine. Too much caffeine can cause nervousness, irritability, difficulty sleeping, and rapid heart beat.
- The effect of caffeine in a can of soda in a child is equal to 4 cups of coffee in an adult.

OSTEOPOROSIS

- Calcium intake during childhood and teenage years is critical because this is when peak bone mass is formed.
- On average, drinking pop results in drinking one less serving of milk each day.

OBESITY

- In the U.S.A., 1 in 3 children are overweight and almost 1 in 5 are obese.
- Each pop or glass of sugar-sweetened drink that a child consumes per day increases the risk of becoming obese by 60%.
- Being overweight increases the risk for heart disease, cancer, stroke, high blood pressure and diabetes.

CAVITIES

- Sugar combines with bacteria in the mouth to form acid.
- Acid weakens tooth enamel.
- Repeated acid attacks cause cavities.
- Diet pop contains acid and also contributes to getting cavities.

STOP THE POP

- Plain milk and 100% juice have natural sugar but are full of nutrients and are a healthy choice.
- Drink water instead of pop. It has no sugar, acid or calories.

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