



# Science of Sugar

Drinking too many sugary drinks can cause a number of health problems for youth and adults. Without realizing it many people drink a lot of added sugar everyday from beverages like soda, sports drinks, lemonades, energy drinks, and fruit flavored drinks.



Water is beneficial for..

Too many sugary drinks can lead to..



## Hydration

Water makes up 60% of your body! Water helps you stay hydrated and helps your joints to move.



## Weight Loss

Drinking water promotes weight loss and flushes out toxins in the body through sweat



## Zero Calories

Water is calorie free, sugar free, and fat free.



## Fluoride

Tap water naturally has fluoride in it which makes your teeth strong and helps fight cavities.



## cavities

Even with brushing, drinking too many sugary drinks can lead to cavities



## Heart Disease

Sugary drink give you a bigger chance of getting heart disease



## Diabetes

Drinking a lot of sugary drink increases your risk of diabetes.

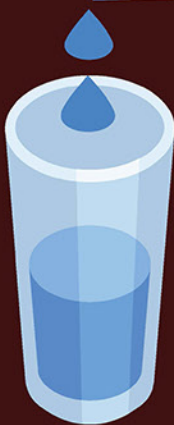


## Obesity

Kids who drink lots of sugary drinks are more likely to gain unhealthy amounts of weight

Water can sometimes get boring but it doesn't have to be. Try flavoring your water with these add-ins:

- Watermelon, & Cucumber
- Lemons, & Limes
- Mint leaves & Strawberries
- Citrus & blueberry
- Grapefruit & Raspberries
- Mango & Pineapple



Sometimes we want something other than just water. To try and remove extra sugars from your drinks try these tips:

- Drink black coffee, without added creams or sugars
- Make fruit smoothies with whole fruit only, no added sugars
- Try not to have sugary drinks in the house

