



JUST ONE SODA PER DAY

SODA One small soda contains much more sugar and causes much more weight gain than most people realize.

You can check the soda you usually drink: Sugar content is listed in "grams" on the label. Four grams equal about one teaspoon of sugar.

...that a 12-ounce regular soda ... 0-12 teaspoons of sugar.

Using an average of 45 grams, if you drink just one small soda per day for one year, at the end of the year how many of these 4 pound (1.81kg) bags of sugar will you have consumed?

... you think is the correct answer?

3 4 5 6 7 8 9

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SODA If you drink just one small soda per day for one year, at the end of the year you will have consumed over 35 pounds (16 kg) of sugar.

SUGAR
4 POUNDS (1.81 kg)
9

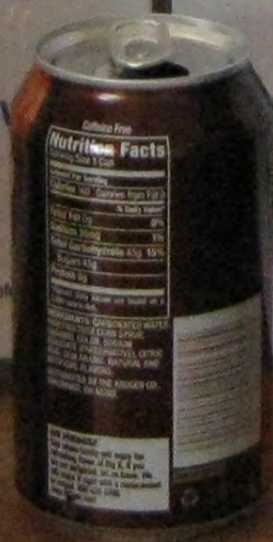
What happens to all that sugar?

Although some may be able to "burn off" those calories, many do not. And our bodies convert the excess calories into fat.

At the end of the year, how much weight do you think you could gain from just that one small soda per day?

Choose the one you think is the correct answer.

1-5 Pounds 5-10 Pounds 10-15 Pounds 15+ Pounds



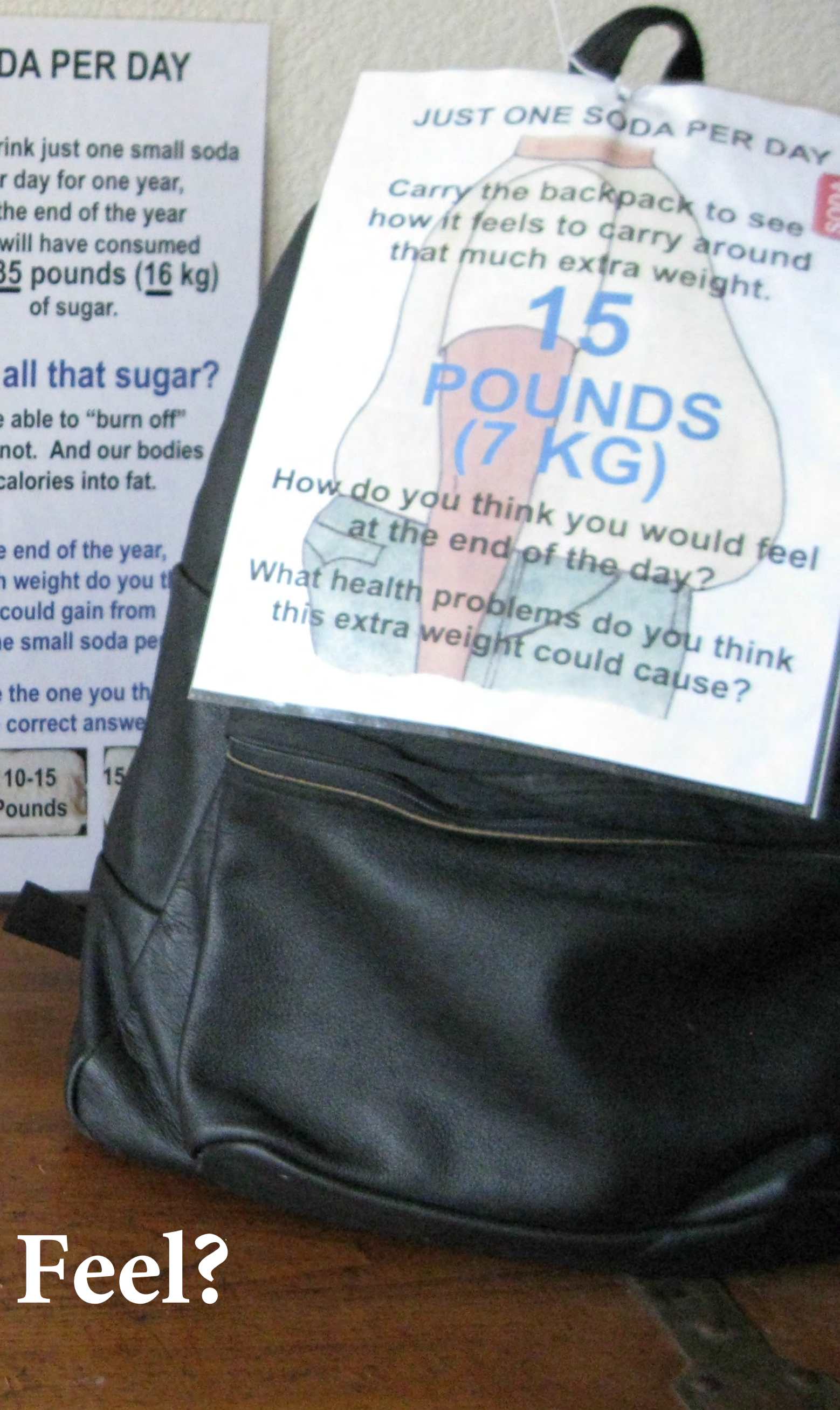
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Carry the backpack to see how it feels to carry around that much extra weight.

15 POUNDS (7 KG)

How do you think you would feel at the end of the day?

What health problems do you think this extra weight could cause?



3. How Does It Feel?