

## Drinking soda increases your risk of osteoporosis.

Soda may contribute to osteoporosis (brittle bones). This might be because people who drink a lot of soda aren't drinking milk or other calcium-fortified drinks. Bones need calcium to stay strong. People need plenty of calcium throughout life for strong bones; what

you drink when you are young could pay off big time when you are older.



## Too much soda may mean too little water or milk.

Thirty years ago, a young person likely drank twice as much milk as soda. Now, many kids drink twice as much soda as milk. People who drink soda regularly often take in less calcium and fiber and fewer vitamins and minerals.

Did you know that drinking soda and energy drinks can contribute to cavities, obesity and osteoporosis? To learn more about the health consequences of drinking too much soda, look inside this pamphlet. To learn more about healthy eating, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) on the Internet.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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GET THE FACTS

# Sodas and Energy Drinks What Everyone Should Know

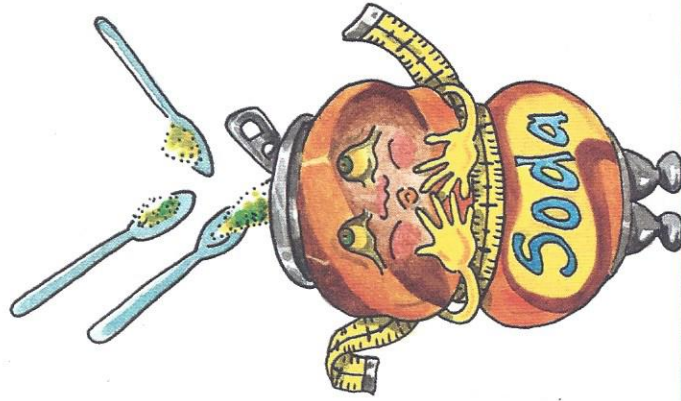


MAKE HEALTHY CHOICES

You probably already know that sodas aren't good for you. Sometimes called "liquid candy," sodas provide a lot of empty calories, about 10 teaspoons of sugar per can, and almost no nutrition. Just how bad is soda? Read below to find out.

### Drinking soda can cause weight gain.

Taking in more calories than your body needs causes weight gain. Say you drink a can of soda every day. Over a week, that's more than 1,000 extra calories. Unless you burn those calories off with more activity each and every day, you'll gain weight. How much weight? About 12 pounds a year.



### The sugar in soda harms teeth.

Soda contributes to tooth decay. Think about it – every time you take a drink, you bathe your teeth in sugar. The acid in both regular and diet soda can also weaken tooth enamel.

### Reduce your sugar.

- ✓ Drink water. It's the best thirst quencher known and it's usually free.
- ✓ Drink low-fat milk. Milk, soy milk and rice milk provide calcium and protein.
- ✓ Limit the amount of soda, energy drinks and "fruit drinks" you consume. If you drink a lot of these, gradually replace them with water or low-fat milk.

### Soda may contribute to diabetes.

Drinking soda regularly puts you at risk for being overweight. Being overweight puts you at a higher risk for type 2 diabetes (and a lot of other chronic health problems, too!). Even if you're not overweight, research shows that drinking just one can of soda a day can put you at risk for diabetes.

### What about diet sodas, fortified sodas and "energy" drinks?

Are diet sodas, fortified soft drinks and energy drinks any better for you? Not much.

Energy drinks and fortified sodas have sugar just like regular soda. Many sodas, diet sodas and energy drinks also have caffeine. Too much caffeine can cause:

- ✓ irritability
- ✓ problems sleeping
- ✓ headaches
- ✓ anxiety

You're better off drinking water and milk and getting your vitamins and minerals from real food.

