

(T-3) THE 5 C's OF SUGARY DRINKS

CALORIES

Drinks with added sugar tend to be higher in calories, meaning they might cause weight gain.



Calcium-Loss

An increase in pop intake often leads to a decrease in milk intake. Since calcium, a part of milk, is what makes teeth and bones strong, reducing it can lead to bone weakness and osteoporosis.



CAVITIES

Sugary drinks mix with bacteria in the mouth to produce acid. Acid breaks down enamel and causes cavities. Each sip of sugary or acidic drink exposes teeth to 20 minutes of danger. Brush, floss or rinse with water after drinking sugary drinks to help prevent cavities. Even diet soft drinks contain acid and cause damage to teeth.



CONTENT

Soda, sports drinks and fruit drinks contain mostly sugar. Sugar fills up your stomach, leaving no room for the vitamins and nutrients that your body needs to grow.



CAFFEINE

Some soft drinks, such as Coke, Pepsi, Root Beer and Dr. Pepper, contain caffeine. Caffeine intake can cause a person to be nervous, cranky or have problems sleeping.