

# JUST ONE SODA PER DAY



One regular 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 one teaspoon of sugar.

You will find that a 12-ounce regular soda contains 10-12 teaspoons of sugar.



Using an average of 45 grams, if you drink just one 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?

Choose the one you think is the correct answer:



# JUST ONE SODA PER DAY



The correct answer is...



If you drink just **one** soda per day for one year, at the end of the year you will have consumed **9** of these **4 pound (1.81 kg) bags.**

That is over **35 pounds (16 kg)** of sugar.

**What do you think happens to all that sugar?**

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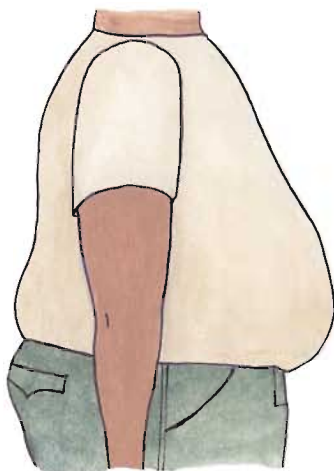
SODA



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

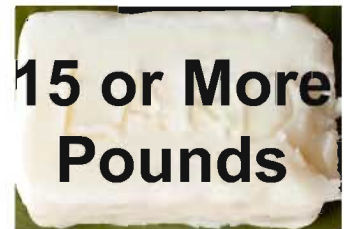
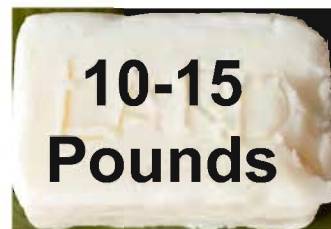
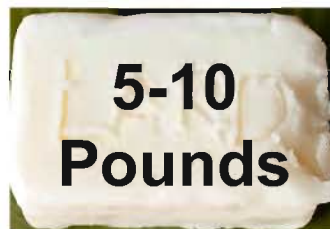
## What happens to all that sugar?

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 soda per day?

Choose the one you think is the correct answer:





# JUST ONE SODA PER DAY

SODA

The correct answer is...



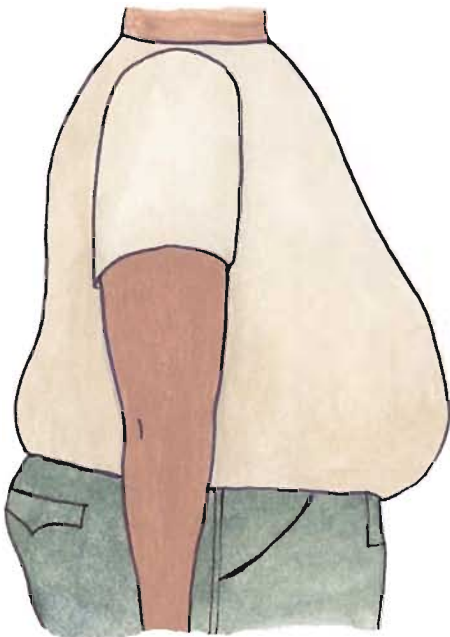
**15 or More  
Pounds**

## SUMMARY



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

Our bodies convert the excess calories into fat.



So by the end of the year, you could easily gain **15 or More Pounds** (**7 or More Kg**) from just that one soda per day.

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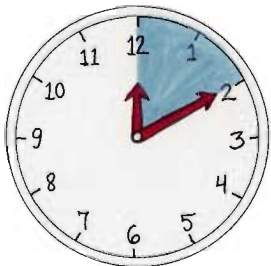


One regular can of soda contains much more sugar and causes much more weight gain than most people realize.

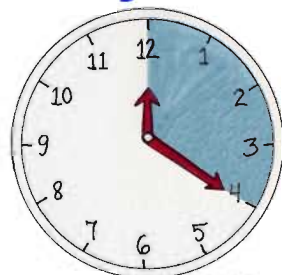
About how many minutes would this teenager have to run to burn off the calories from just one 12 oz (354 mL) soda?



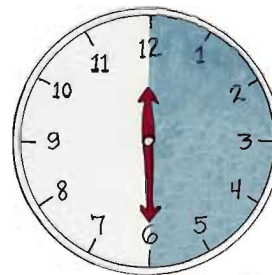
Choose the one you think is the correct answer:



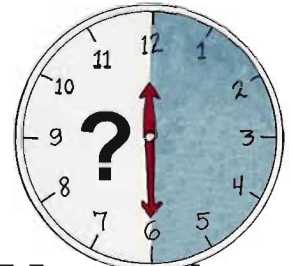
**0-10**  
Minutes



**10-20**  
Minutes



**20-30**  
Minutes



**More than**  
**30** Minutes

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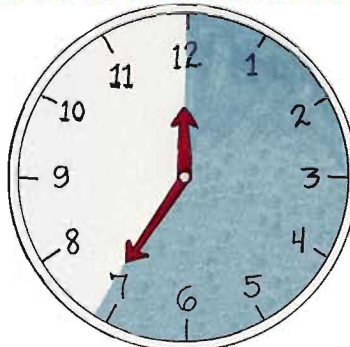


One regular can of soda contains much more sugar and causes much more weight gain than most people realize.

About how many minutes would this teenager have to run to burn off the calories from just one 12 oz (354 mL) soda?



The correct answer is:



More than  
**35** Minutes