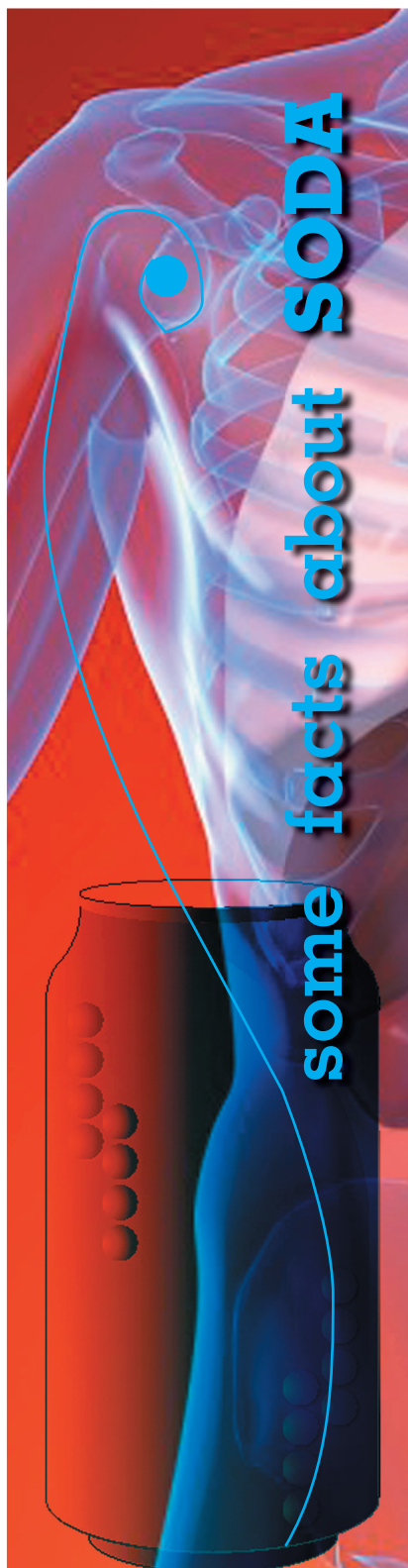




some facts about SODA



Let's face it – we don't hear much good said about soda. If it's not the sugar, it's the artificial sweetener, the caffeine, or the acidity. Let's look at some facts about soda:

- o Soda derives most of its calories from cane sugar or high fructose corn syrup. The USDA recommended daily allotment (RDA) of added sugars is 10 teaspoons for a 2,000-calorie diet. One soda can exceed this allotment.
- o Soft drinks may contain food additives such as food coloring, artificial flavoring, emulsifiers, and preservatives. Some contain "Bromide" (a toxic halide)
- o Some believe that caffeine-containing soft drinks are not a valid source of dietary fluids because of the diuretic properties of caffeine.
- o Water consumption is often replaced by soda consumption.
- o Soft drinks have been found to be a **leading contributor to obesity and type 2 diabetes.**
- o A large number of soft drinks are highly acidic, some having a pH of 3.0 or even lower. Drinking acidic soda over a long period of time and continuous sipping can erode the tooth enamel. It has also been suggested that brushing teeth right after drinking soda should be avoided, as the result may be additional erosion to the teeth due to the presence of acid.
- o Soda with caffeine has been shown to disrupt children's sleep and leave them tired during the day.
- o Phosphoric acid contained in soda can displace calcium from the bones and thus **dramatically lower the bone density of the skeleton.**
- o Unless fortified, soda contains little to no vitamins, minerals, fiber, protein, or other essential nutrients.

Consider these alternatives to soda:

- | | |
|----------------------------|------------------------------|
| o Pure, filtered water | o Almond, or rice milk, |
| o Fresh juicing of produce | hemp milk |
| o Fresh-squeezed juice | o Green tea - iced/hot/Soups |



set goal

ACTION PLAN:



develop plan

goal: _____

action: _____



take action



score your success

plan: _____

success score: scale: 1 (lowest) - 10 (highest)

current score

30 day score

60 day score
