



Water is Healthy



THERE'S A LOT OF SUGAR IN DRINKS

Too much sugar can lead to serious health issues such as obesity and diabetes.



SODAS LIKE COKE® AND JARRITOS® CONTAIN 9 TEASPOONS OF SUGAR.



A CARTON OF CHOCOLATE MILK HAS THE SAME AMOUNT OF SUGAR AS A CANDY BAR.



ONE "YOGURT" OR SPORTS DRINK CONTAINS A CHILD'S TOTAL DAILY AMOUNT OF SUGAR.



AND FRUIT DRINKS AND JUICES CONTAIN ABOUT THE SAME AMOUNT OF SUGAR AS SODAS.

BUT THERE'S

GOOD NEWS



Water has no sugar and can help you have a healthy body and keep cavities away.

