Soft Drink Facts:
• Regular soft drinks are calorie-laden and contain excessive amounts of sugar.
• Drinking soda actually causes your body to become dehydrated, as caffeine is a diuretic and thus you will take more trips to the restroom.
• The acid in soda can wear away the enamel of your teeth.
• The phosphorous in soft drinks may weaken bones and increase the risk of osteoporosis in adults.

Water Facts:
• One glass of water can eliminate hunger pains.
• Water aids the digestion process.
• Eight to 10 glasses of water each day can reduce back and joint pain.
• Water increases your metabolism and controls your appetite.
• The most common cause of daytime fatigue is simple dehydration. Water can actually assist you in feeling more alert.
• Water can prevent and ease headaches.