

CHOOSE WATER!

ARE YOU A SOFT DRINK JUNKIE?

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.