

# SOOO, SODA'S *not* HEALTHY.



10 PACKETS

## Nutrition Facts

Serving Size: 1 12-oz. can

Packets of **Sugar** **10**

40 Total Sugar (grams)

Increased Risk of weight gain

Increased Risk of obesity

Increased Risk of type 2 diabetes

Increased Risk of tooth decay

There's a myth that clear soda is better for you than dark soda. Not true. The big difference between dark and clear soda falls in caffeine levels, not sugar. Clear and dark soda still contains a lot of sugar.

So, water you drinking? Say it ain't soda! Choose healthy, hydrating water instead.

RETHINK *your* DRINK

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