

Sip All Day: Gain Weight, Get Decay



Sugar can cause weight gain, but did you know how much?

- Drinking just one extra can of non-diet soda a day can make you gain 10 pounds in one year.
- Obese children and teenagers are more likely to be obese as adults.
- Obesity may lead to major health problems such as diabetes, high blood pressure, heart disease, and hip and leg problems.

Sugar can cause cavities, but you knew that already!

- Cavities can be ugly and may hurt.
- Each time you sip a soda or take a bite from a sugary snack, there is an acid attack on your teeth that lasts 20 minutes and causes cavities.

Bone healthyou may not know about this!

- Calcium is important for strong bones. Teens who drink soda instead of milk may not be getting enough calcium.
- Without enough calcium, you can get Osteoporosis, even before adulthood.
- Teenage girls who drink 2 cans of soda a day have more broken bones than teenage girls who drink less.

So what should you do?

- Try alternatives to soda: water – plain, flavored or carbonated or some of the new drinks made with milk or yogurt.
- Ask your school to have drinks other than sodas in the vending machines.
- Don't forget the basics – brushing with fluoridated toothpaste, flossing, getting routine dental care, and balancing healthy food with exercise!

For more information, check out the NH Dental Society Web Page:

<http://www.nhds.org>



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org