WHAT ARE SUGARY DRINKS DOING TO YOUR BODY?

Sugar & Acid levels in sugary drinks and ‘diet’ varieties can cause tooth decay.

Rapid blood sugar spikes after drinking sugary drinks can increase hunger and over eating.

One can of sugary drink a day can lead to 6.5Kgs weight gain in a year.

Being overweight or obese puts you at greater risk of heart disease, kidney disease, type 2 diabetes, stroke and some cancers.

Higher sugar intake increases your risk of non-alcoholic fatty liver disease.

340ml of sugary drink a day, less than one can increases your risk of type 2 diabetes by 22%.

Sugary drinks can reduce bone density which may lead to osteoporosis.

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