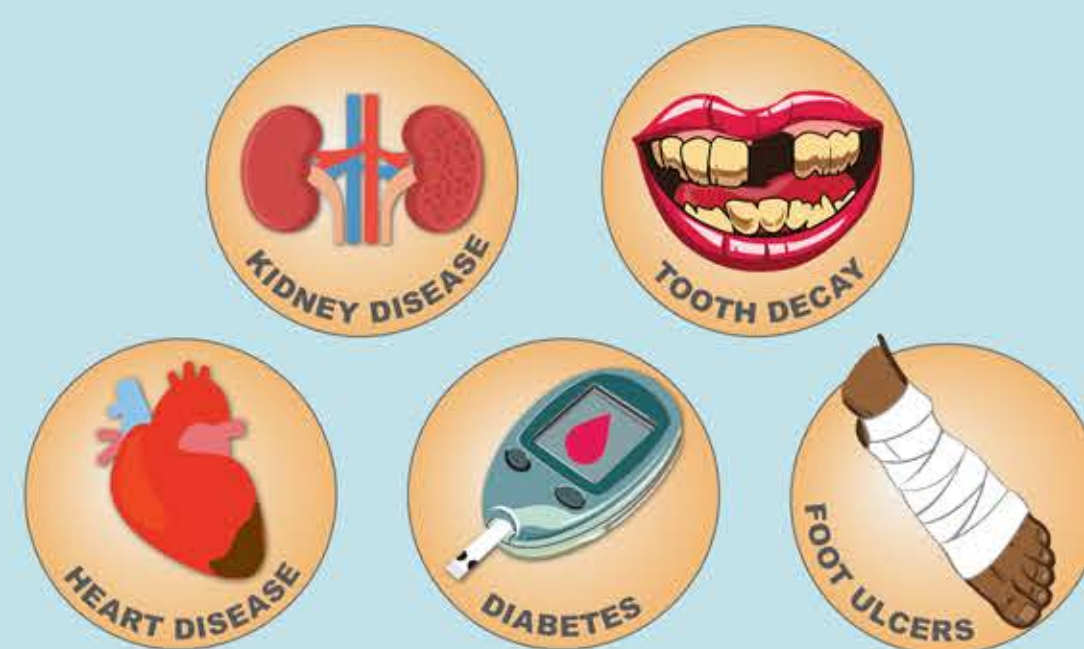


How much *sugar* is in your drink?



What can sugary drinks do to our bodies?

Sugary drinks don't have the nutrients our bodies need to stay healthy. They have lots of added sugar. Too much sugar can cause...



Water is the best drink for everyone

Have water on the table at every meal



Carry a water bottle with you



Keep chilled water in the fridge

