

The 5C's of Sugary Drinks

Calcium-loss

Caffeine found in many sugar-sweetened beverages tends to increase the loss of calcium from bones, potentially leading to osteoporosis.



Cavities

Sugar-sweetened beverages expose teeth to cavities by mixing with bacteria to produce acid. Acid breaks down enamel and causes cavities.

Calories

Added sugars significantly increase the caloric content of drinks and therefore may cause weight gain.



Caffeine

Some soft drinks contain caffeine. Drinking caffeine can cause a person to be nervous, cranky or have problems sleeping.



Content

Soda, sports drinks and artificial fruit drinks contain mostly sugar. Sugar has no vitamins or nutrients to help your body grow.



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