

WHAT ARE **SUGARY DRINKS** doing to your body?

SUGAR AND ACID LEVELS IN SUGARY DRINKS AND 'DIET' VARIETIES CAN CAUSE TOOTH DECAY



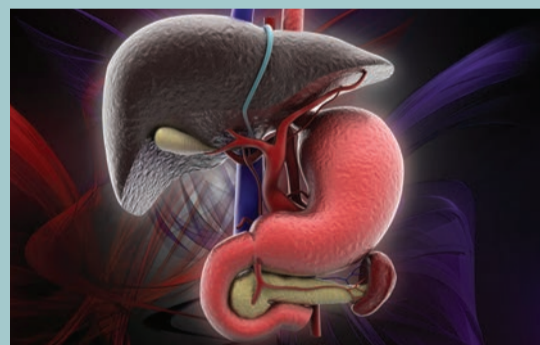
ONE CAN OF SUGARY DRINK A DAY CAN LEAD TO 6.5KGS WEIGHT GAIN IN A YEAR

BEING OVERWEIGHT OR OBESE PUTS YOU AT GREATER RISK OF HEART DISEASE, KIDNEY DISEASE, TYPE 2 DIABETES, STROKE AND SOME CANCERS



RAPID BLOOD SUGAR SPIKES AFTER DRINKING SUGARY DRINKS CAN INCREASE HUNGER AND OVER EATING

HIGHER SUGAR INTAKE INCREASES YOUR RISK OF NON-ALCOHOLIC FATTY LIVER DISEASE



SUGARY DRINKS CAN REDUCE BONE DENSITY WHICH MAY LEAD TO OSTEOPOROSIS

SWITCH TO WATER



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