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 health ……..you 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