

Multicultural Institute

MI Links

Neighborhood Newsletter



MULTICULTURAL
INSTITUTE

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Say **NO** to

Sugary Sweetened
Beverages

Cons of drinking SSBs include:

- ◆ **Can contain caffeine:** Crash after energy burst.
- ◆ **Health Risks from Sugar:** Drinking sugar-sweetened beverages is associated with a higher risk of type-2 diabetes and cardiovascular disease
- ◆ **Impact on Bones:** When phosphorus is added to the blood stream by consuming soda, the body begins to pull calcium from bones to restore the balance between phosphorus and calcium
- ◆ **Acids Damage Teeth:** Most sodas contain phosphoric acid or citric acid. Soda is acidic enough to erode tooth enamel.
- ◆ **Contributes to bad breath:** Because the bacteria in your mouth feed off of sugar, whenever you drink a sugary drink more smelly bacteria are produced.



Rethink your drink
and Hydrate

Question: How can you stay hydrated?

Answer:

1. Drink half your body weight in ounces daily.
2. Do not replace water with caffeinated beverages such as soda, coffee, and energy drinks.
3. Drink additional water before, during, and after activities that cause sweat or exert extra energy.
4. Eat food that contains a lot of water such as:



Cucumbers:
water content is
95%



Strawberries:
water content is
91%



Grapefruit:
water content is
91%



Cantaloupe:
water content is
90%



Watermelon:
water content is
92%



Oranges:
water content is
88%

For more information
Contact us at:

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