Fewer Sugary Drinks Today Leads to a Healthier Tomorrow

In Colorado, 1 out of 5 children has at least 1 sugary drink per day.

What one sugary drink equals:

- Fruit Punch (12 fl oz)
- Juice Drink (20 fl oz)
- Soda (20 fl oz)
- Sports Drink (20 fl oz)

Sugary drinks can hurt your health:

Too much sugar can lead to:
- Tooth Decay
- Heart Disease
- Diabetes
- Liver Disease
- Obesity

1 sugary drink per day leads to:

- 25% increased risk for type 2 diabetes
- 33% higher risk of dying from heart disease
- 55% more likely to be overweight or obese

It's easy to choose healthy drinks:

- Carry a refillable cup or water bottle.
- Choose healthier vending and menu options.
- Serve water during sports events.
- Serve water flavored with fruit slices (lemon, berries, cucumbers) at parties.