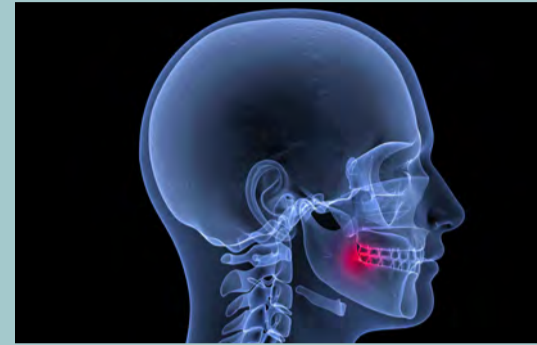


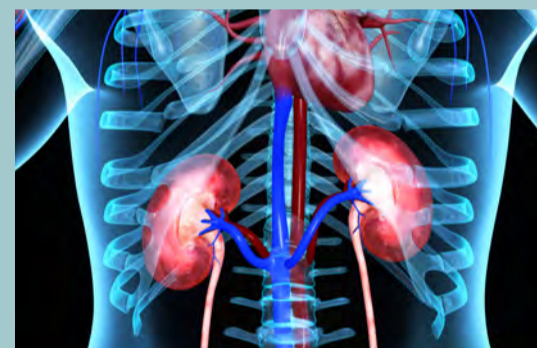
WHAT ARE **SUGARY DRINKS** doing to your body?

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



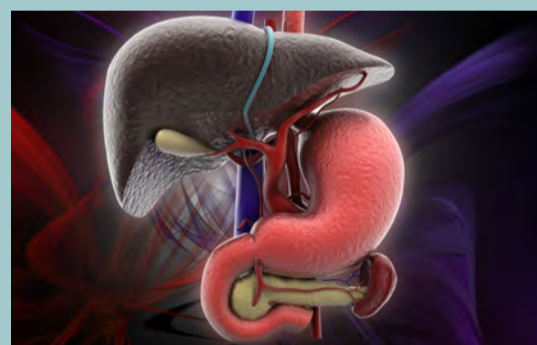
ONE CAN OF SUGARY DRINK A DAY CAN LEAD TO 6.5KGS WEIGHT GAIN IN A YEAR

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



NEW ZEALAND
DENTAL ASSOCIATION

www.healthysmiles.org.nz

This poster was redeveloped with permission from Rethink Sugary Drink
www.rethinksugarydrink.org.au