

FAUQUIER COUNTY PUBLIC SCHOOLS

RETHINK YOUR DRINK HANDOUT

How much sugar is in your drink?

Coca Cola 20 oz (65g)

Pepsi (69g)

Mountain Dew (73g)

Sprite (64g)

Effects of Sugar

Causes Weight gain.

May increase the risk of Heart Disease

Has been linked to Acne

Increases your risk of cancer and Diabetes

Drains your energy

Importance of Water

Water is an essential nutrient for life—we cannot live without it!

Water represents about two-thirds of our body weight.

Water is part of every living cell, and it is a medium for all metabolic changes (digestion, absorption and excretion), as it helps transport nutrients.

It helps with Nutrient absorption.

It regulates your body temperature.

It protects your tissues, spinal cord and joints.

It helps maximize physical performance.

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