



Choose

Water

Are you a soft drink junkie?

Here are the facts:

Soft Drinks

- Regular soft drinks are calorie-laden and contain excessive amounts of sugar.
- Drinking soda pop actually causes your body to become dehydrated, as caffeine is a diuretic and thus, you will take more trips to the restroom.
- The acid in soft drinks can wear away the enamel of your teeth.
- The phosphorous in soft drinks appears to weaken bones and therefore increases the risk of osteoporosis in adults.

Water

- One glass of water can eliminate hunger pains.
- Water can prevent and ease headaches.
- Eight to 10 glasses of water each day can reduce back and joint pain.
- Water increases your metabolism and controls your appetite.
- The most common cause of daytime fatigue is simple dehydration. Water can actually assist you in feeling more alert.

So, feeling a little parched? CHOOSE WATER!

For more facts about water, visit www.allaboutwater.org.