

Three Reasons to Stop the Pop!

1. *Tooth Decay*
2. *Obesity*
3. *Weakened Bones*



Ways to Stop the Pop!

1. Don't keep pop at home.
2. Insist on milk at each meal.
3. Drink water when you are thirsty and keep cold water in the fridge.
4. Resist those extra big cups.
They're not a good deal when it comes to your health.

For more information
contact your local dental clinic

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*Children and Pop:
A bad combination.*

Stop The Pop!

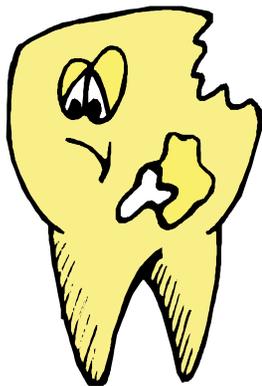


Tooth Decay

Pop causes cavities. There are 9-12 teaspoons of sugar in a 12 ounce can of pop. That's almost 1/4 cup of sugar per can!

A "Big Gulp" has 5 cans of pop in it for a total of over one cup of sugar.

There are also acids in pop that play a role in causing tooth decay. These acids are found in both regular and diet pop.



Obesity

Children who drink pop daily add about 200 calories to their diet each day compared to children who do not drink pop daily. Pop is not filling and so children still eat the same amount of other food. This is why children who drink pop daily tend to be overweight.

The sugar in pop adds more sugar to toddlers' diets than candy, cookies, and ice cream combined. These are empty calories with no nutrition!

Caffeine Warning

There is about 1/3 the caffeine in pop as there is in coffee. Young children weigh less than adults so the effect is increased. Caffeine can make children anxious and affect their moods and sleep.

Weakening of Bones

Children who drink pop daily have weakened bones and their bones break more easily. The phosphorus in pop robs bones of calcium.

Kids who drink pop daily drink less milk and are not getting enough calcium. This is another way pop weakens bones.



Children need 3-4 glasses of milk per day. Don't replace milk with pop and other sugared drinks.

For more information on children and calcium, check out the "Milk Matters" website at www.nichd.nih.gov/milk/

