

TAKE THE **ZERO^{TO}60** CHALLENGE

THE EFFECTS OF SUGAR ON YOUR BODY.

SUGAR COATED NEURONS

Consuming too much sugar dulls the brain's mechanism for telling you to stop eating.

180,000

The number of obesity related deaths that are linked to sugary drinks.

KIDNEY STONES

Consuming too many sugary drinks can quickly develop hard to pass kidney stones.

WEAK TEETH

The high levels of acid in soda can erode your teeth, which can lead to early tooth decay.

39 LBS

The average amount of sugar you would consume if you drank a sugary drink once a day, everyday of the year.

ACHY BREAKY HEART

Research shows that regular consumption of sugary drinks can lead to increased heart disease, heart attacks and strokes.

WEIGHT GAIN

Regularly consuming sugary drinks interacts with the genes that control weight, making it harder to lose weight, but easier to put it on.

BONE LOSS

The ingredients phosphoric acid and caffeine found in sodas and other sugary drinks are linked to osteoporosis and bone density loss.

DON'T LET SUGAR SHAPE YOU.

Can you make it a whole month without sugary drinks?

Share your journey with us!



@NotahBegayFoundation
#ZeroTo60 #DontLetSugarShapeYou
#HealthyKidsHealthyFutures

