

CUTTING SUGARY DRINK CONSUMPTION
SAY YES TO WATER! SAY NO TO SUGARY DRINKS!!
WE PROMOTE WATER, LOW-FAT MILK INSTEAD OF SUGARY DRINKS

HEALTH AND WELLNESS CLUB

Come summers and we have to face rising temperatures and the heat wave. In a trend to follow the western culture, we are drinking too many sugary drinks, and consuming them every single day. Sugar is hidden in many types of drinks, like soda, sports and energy drinks, powdered mixes, fruit-flavored drinks, vitamin-enhanced water, and sweetened coffee and tea. They do not include 100% fruit juice, drinks that are sweetened with zero calorie sweeteners, or sweetened by the consumer, like coffee or tea brewed at home.

Sugary drinks can lead to serious health problems even during childhood:

- Obesity
- Type 2 diabetes
- Heart disease
- Tooth decay

The FDA Dietary Guidelines recommend limiting the amount of added sugar you eat and drink less than 10 percent of total calories consumed during the day. For an adult consuming an average 2,000 calories during a day, that means limiting added sugar to less than 12 ½ teaspoons of sugar during the day. Children, who often eat fewer calories than adults, should consume less added sugar.

Just one sugary drink – such as one bottle of soda with 16 teaspoons of added sugar – has more added sugar than anyone should have in one day.

National Health and Nutrition Examination Survey Data reveals that on a given day, about 20% of children reported drinking No Water. No water intake was associated with intake of 92.9Kcal and 4.5% more calories from Sugar sweetened beverages among children aged 2 to 19 years. Sugary drinks are essentially liquid candy given their high sugar content. Reducing this amount would greatly lessen the health burden they put on children.

Health and wellness club advises you all to read front-of-package added sugar labeling to make healthy choices. Drink Water, Lassi, Buttermilk, Low fat milk to quench your thirst.



Make Informed choices. Drink Water, Stay Hydrated, Stay Healthy

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All Staff (via e-mail)
School Website, File

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर