

drink more water



Drink water instead of soda and other sugary drinks.

- **Lose the sodas, lose weight.** Having water instead of one 12-ounce soda a day can help you lose 15 pounds in one year.
- **Drink two glasses of water before a meal.** This can help you feel full more quickly, so you may not eat as much.
- **Lower your risk of health problems.** Sugar and acid in soda causes tooth decay. Too much sugar in the diet has been linked to obesity, diabetes, and heart disease. Too much alcohol has health risks, too. After one or two drinks with alcohol, drink water!

Skip soda. Drink water. Be well.