

**EVEN**

**ONE IS  
TOO MUCH**



**JUST ONE SODA  
HAS MORE SUGAR  
THAN KIDS SHOULD  
HAVE IN ONE DAY.**

Sugary drinks can lead  
to cavities, weight gain  
and type 2 diabetes.

**DRINK  
WATER**



[playeveryday.alaska.gov](http://playeveryday.alaska.gov)

