



Why a Soda-free Summer Pledge?

Healthy City Fall River is urging children of all ages, and adults as well, to pledge to reduce or eliminate sugary drinks from their diet this summer.

Instead of soda and other sugary drinks, what should you be drinking?

- Water — all you want, preferably from the tap or a bubbler
- Seltzer — if you want something fizzy
- Non-flavored milk
- Diet soda — once in a while

Why?

- The average person eats almost 175 pounds of sugar a year, about half a pound of sugar every day, most of it from sugary drinks!
- Sugar has no nutritional value and only adds calories, which most people do not need.
- A third of school-aged children in Fall River are overweight or obese, putting them at risk of lifelong health problems such as diabetes and heart disease.
- Foods that contain sugars of any kind can contribute to tooth decay.

Healthy City Fall River - Working together to make Fall River a healthier community!

For more information, go to www.gfrpartners.com/sodafree.html



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