2024—October's NO Soda Challenge

The goal is to not drink any soda (Diet or Regular) **the month of October.**

Circle each date you are soda free (no diet or regular) on the calendar shown. Complete the challenge at least 20 days to be entered into the monthly drawing.

Name:

_____

Building:

_____

Completed forms are due to **health@fsd145.org NO LATER** than Friday, November 8th.

THE RISKS OF DRINKING SODA

TOOTH DECAY . . . .
The acids in soda corrode your teeth

WEIGHT GAIN
Soda drinkers consume more calories and ↑ risk of obesity

TYPE II DIABETES . . . .
Just one can of soda per day ↑risk of diabetes.

HEART DISEASE
Sugar sweetened drinks ↑ risk of heart disease

CANCER . . . .
Soda is linked to pancreatic, endometrial & colorectal cancer

LIVER DISEASE
Excessive fructose can lead to fatty liver disease

GOUT . . . .
Fructose consumption increases uric acid, increasing risk of gout

DEMENTIA
High blood sugar is linked to neurodegenerative conditions

Sources:
Sweetened Beverages, Coffee, and Tea and Depression Risk among Older US Adults PLoS One. 2014; 9(4): e94715.
Effects of Soft Drink Consumption on Nutrition and Health: A Systematic Review and Meta-Analysis Am J Public Health. 2007 April; 97(4): 667–675.
Impact of beverage intake on metabolic and cardiovascular health. Nutrition Reviews. 19 August 2015. 120-129 First published online:
Diet Soda Intake and Risk of Incident Metabolic Syndrome and Type 2 Diabetes in the Multi-Ethnic Study of Atherosclerosis (MESA) Diabetes Care 2009 Apr; 32(4): 688-694.
Glucose Levels and Risk of Dementia. N Engl J Med 2013; 369:540-548August 8, 2013
Soft drinks, fructose consumption, and the risk of gout in men: prospective cohort study.Am J Clin Nutr June 2000 vol. 71 no. 6 1455-1461
Soft Drink and Juice Consumption and Risk of Pancreatic Cancer: The Singapore Chinese Health Study. BMJ. 2008 Feb 9;336(7639):309-12
Fructose-Induced Fatty Liver Disease. Hypertension. 2005;45:1012-1018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				