

2023—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. Complete 25 days to earn 100 wellness points and be entered into the monthly drawing.

Name: _____

Building: _____

Completed forms are due to health@fsd145.org **NO LATER** than Friday, November 5th. Points for this challenge **will NOT** count towards your year-long Wellness Program if turned in after **Friday, November 3rd**.

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; 369:540-548 August 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				