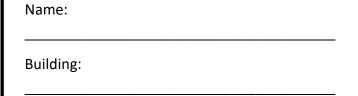
2023—October's NO Soda Challenge

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.

THE RISKS OF DRINKING SODA

TOOTH DECAY **WEIGHT GAIN** The acids in soda Soda drinkers consume corrode your teeth more calories and † risk of obesity TYPE II DIABETES Just one can of ····· HEART DISEASE soda per day Sugar sweetened risk of diabetes. drinks † risk of heart disease CANCER LIVER DISEASE Soda is linked to Excessive fructose pancreatic, endometrial can lead to fatty & colorectal cancer liver disease DEMENTIA GOUT High blood sugar Fructose consumption is linked to increases uric acid, neurodegenerative increasing risk of gout conditions



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

| 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 | | | | |

Source

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 Julice 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

