

Kohl's Cares for Healthy Kids

RETHINK YOUR DRINK




One 20-ounce soda has nearly 17 teaspoons of sugar!



Drinking just one 20-ounce bottle of soda each day for a year is the caloric equivalent of an extra 25 pounds of weight!




Over 30% of all calories from added sugars consumed daily are from sweetened beverages.



The average American diet contains nearly 100 pounds of added sugar a year.



American teens consume twice as much soda as milk.



Americans spend \$56 billion annually on sugar-sweetened beverages.

Take The Family Pledge to **RETHINK YOUR DRINK** Today!

It's easy! Take a moment and get sugar smart: I _____, am going to increase the amount of healthy beverages I drink/my family drinks like water and non-fat or low-fat milk.

I will also (choose one):

- Stop drinking sugar-loaded beverages like pop, soda, sports and energy drinks.**
- Reduce the amount of sugar-loaded beverages I drink and choose healthier options.**



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