

Sugar and spice and not much nice...



That's what little girls – and boys – are made of if they drink the empty calories of soda, sport and energy drinks. The average 20-ounce soda has 17 teaspoons of sugar and more than 200 calories. A 64-ounce soda – available at many convenience stores – weighs in at more than 700 calories or more than a quarter of the calories an active teen needs each day.

Just like adults, the number of children who are overweight and obese has increased over the past 20 years, along with the amount of sugared soda consumed.

Make sure your child is made of nutritious food and drink. When you or your child is thirsty, consider water, low-fat or fat-free milk or a small (4 ounce) glass of 100 percent fruit juice.



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For more information please contact: Marshfield Clinic Healthy Lifestyles Program • 1000 North Oak Ave. • Marshfield, WI 54449
715-221-8400 • FAX 715-389-8779 • cco@marshfieldclinic.org