

Drink water! Keeping well-hydrated is extremely important. Equally as important is avoiding soda and juices. Even fruit juices, which sound healthy, can contain as much sugar as soda... 10 spoonfuls of sugar per can! If you must have soda, choose diet. Low-fat milk is a good choice to drink because it provides protein, vitamins, and calcium to keep your bones strong.

If you drink one 20 oz soda per day.

1 20 oz. bottle of soda = 250 calories

250 calories x 365 days per year =
91,250 calories =
26 pounds of weight per year!!!

1 soda per day =
\$1.25 per bottle x 365 days per year =
\$456.25!

Isn't gatorade the best drink for playing sports and quenching thirst?

NO! Gatorade is not as bad as other drinks like soda...but when you are playing sports, water is probably the best. Gatorade has sugar in it, which makes it harder for your body to absorb the fluid you need while you are playing sports. On the other hand, gatorade does provide electrolytes your body needs, but as long as you have a healthy diet and are not running a marathon, water is still your best bet. Drinking soda while you are doing something active and sweating can actually make you more dehydrated and your performance could suffer.