

Too much added sugar from **soda** and **sports** **drinks**

can overload
critical organs

over time, leading to serious diseases.

DIABETES

HEART
DISEASE

LIVER
DISEASE

Drinking just one 12-oz. soda every day, or 7 sodas per week, can increase your risk of dying from heart disease by almost 1/3. Heart disease is the leading cause of death in the U.S.