



**Rot**  
PUT A SMILE  
ON YOUR FACE

A major cause of tooth decay is sugary pop; as a result more than one in four 5 year olds experience toothache, fillings and tooth loss

**gulp.** give up loving pop

[www.giveuplovingpop.org.uk](http://www.giveuplovingpop.org.uk)



**FAT**  
TASTE THE WEIGHT

Drink one can of sugary pop a day? That could lead to over a stone (6kg) in weight gain per year

**gulp.** give up loving pop

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Drinking two cans of pop per day can increase your risk of type 2 diabetes by more than a quarter

**TYPE2**

**gulp.** give up loving pop



**FLAT-LINE**

Drinking one can of sugary pop per day increases your risk of dying from heart disease by a third

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