

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.
www.giveuplovingpop.org.uk

Aret
PUT A SMILE FACE 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.
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TYPE 2

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

give
up
loving
pop
gulp.

FLAT-LINE

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



give
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loving
pop
gulp.

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