

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

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

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TYPE 2
RUNS ON SUGAR

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

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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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