

Rethink Your Drink & Choose Water



20 oz

17
teaspoons
of sugar



20 oz

0
teaspoons
of sugar

**ONE SODA A DAY FOR ONE YEAR
= 65lbs OF SUGAR**

#RethinkYourDrink

The Health Education Council is a 501(c)3 nonprofit organization dedicated to providing access, education, advocacy and training to empower individuals towards a healthy life. For more information visit, HealthEdCouncil.org.

Check out the Valley Hi HEAL Zone on Facebook. For more info: www.kickthecan.info