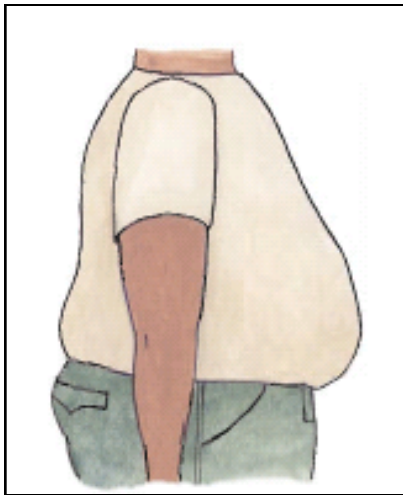


What happens to all that sugar?

Some people may be able to “burn off” those calories, but many do not. And our bodies convert those extra calories into fat.



At the end of the year, how much weight do you think you could gain from just one soda a day?



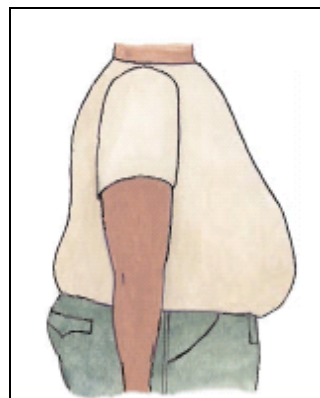
The correct answer is:



Summary:

If you drink just one soda a day for a year, at the end of the year you will have consumed over 35 pounds (16 kg.) of sugar.

So, by the end of the year, you could easily gain 15 or more pounds (7 or more kg.) from just that one soda a day.



JUST ONE SODA A DAY



**One regular soda
contains more sugar and
causes more weight gain
than most people realize.**

You can check the sugar content of the soda that you usually drink.



Sugar content is listed in “grams” on the label.

Four grams equals one teaspoon of sugar.

You will find that a 12-ounce regular soda contains 10 to 12 teaspoons of sugar.

Adding it up:

If each soda contains about 45 grams of sugar, and you drink one soda a day, how many of these 4 pound bags of sugar (1.81 kg) will you have consumed at the end of a year?



Answer:



If you drink one soda a day for a year, at the end of the year you will have consumed 9 of these 4 pound bags.

That is over 35 pounds (16 kg.) of sugar.

What do you think happens to all that sugar?