



American Heart
Association.

KIDS
HEART
CHALLENGE™

JOIN US FOR
NO SODA
NOVEMBER

Kids consume enough sugary drinks
each year to fill a bathtub!



On average, children are
consuming more than
30 gallons¹ of sugary
drinks every year.

That's **10 times** the
recommended amount!

Most of the added sugar in our diets comes from
what we drink, not what we eat!

It's time to rethink your drink! Give up soda for the month of
November and take charge of your heart health!

heart.org/sugar

¹<https://newsroom.heart.org/news/american-academy-of-pediatrics-and-american-heart-association-endorse-suite-of-policies-to-reduce-kids-consumption-of-sugary-drinks>



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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	<p>Most of the added sugar in our diets comes from what we drink, not what we eat! It's time to rethink your drink! Give up soda for the month of November and take charge of your heart health!</p>			

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