



**YOU WOULDN'T EAT 22
PACKS OF SUGAR.* WHY ARE
YOU DRINKING THEM?**

*A 20-oz. soda contains approximately 22 packets of sugar.

In San Mateo County, more than half of teens drink one or more sugary drinks a day. This can lead to obesity, diabetes and other health issues. Choose Water!



GetHealthySMC.org/sugarydrinks

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