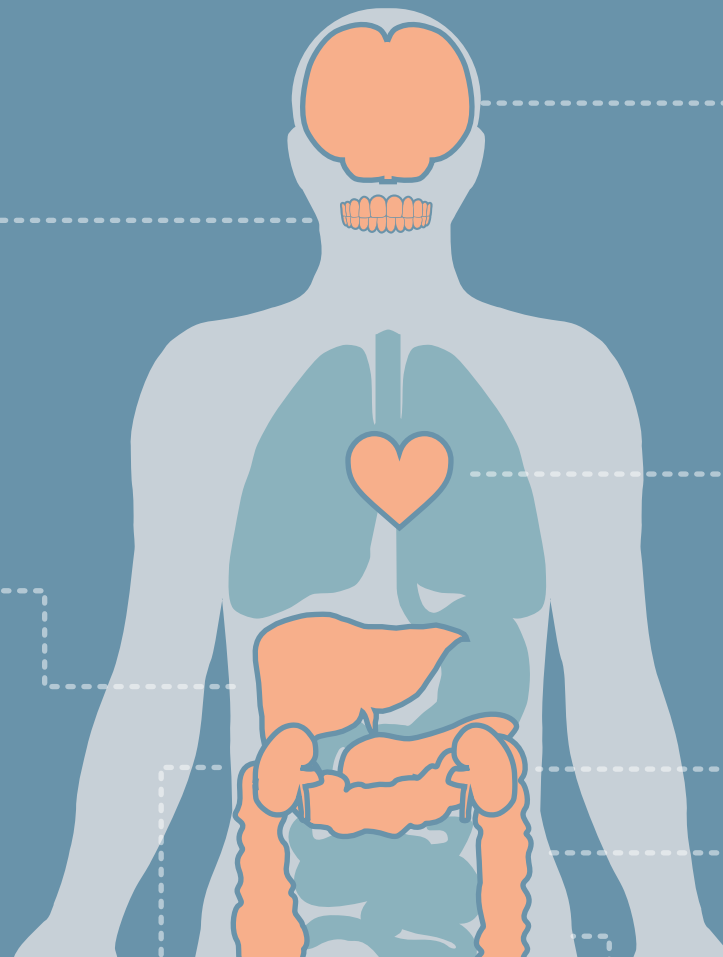


WHAT ARE SUGARY DRINKS DOING TO YOUR BODY?

SUGAR & ACID LEVELS IN SUGARY DRINKS AND 'DIET' VARIETIES **CAN CAUSE TOOTH DECAY**

HIGHER SUGAR INTAKE **INCREASES YOUR RISK** OF NON-ALCOHOLIC **FATTY LIVER DISEASE**



BEING OVERWEIGHT OR OBESE PUTS YOU AT **GREATER RISK** OF HEART DISEASE, KIDNEY DISEASE, TYPE 2 DIABETES, **STROKE AND SOME CANCERS**

ONE CAN OF SUGARY DRINK A DAY CAN LEAD



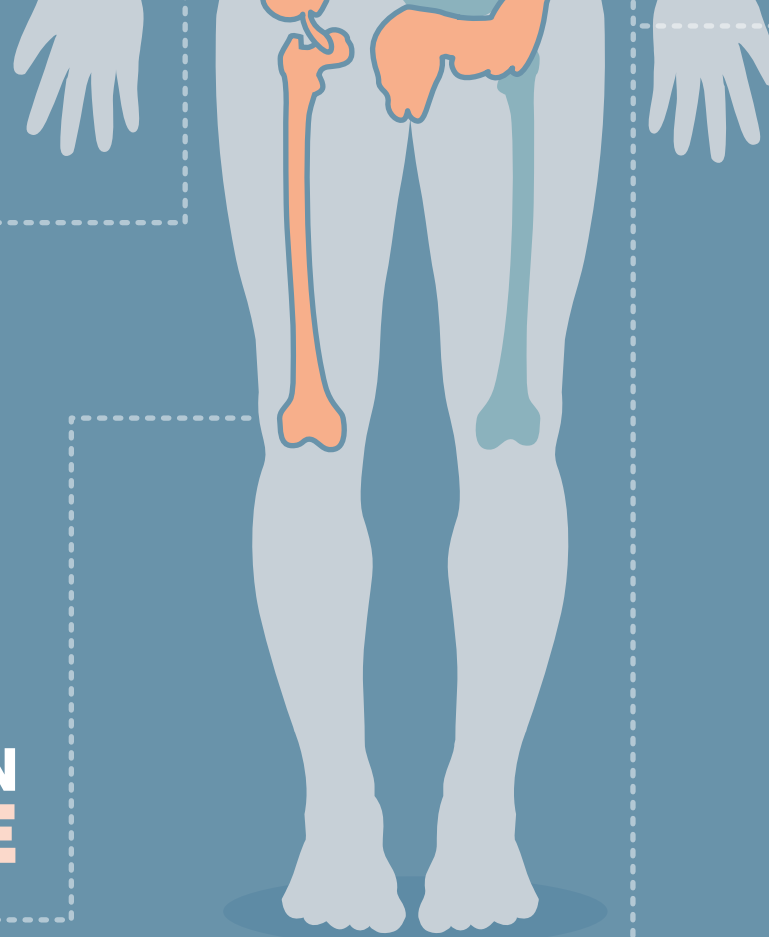
340ML OF SUGARY DRINK
A DAY, LESS THAN ONE CAN,

**INCREASES
YOUR RISK OF**

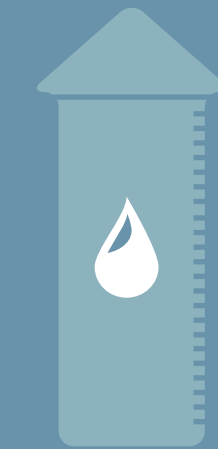
**TYPE 2
DIABETES**
BY **22%**



SUGARY DRINKS CAN
**REDUCE BONE
DENSITY**
WHICH MAY LEAD
TO OSTEOPOROSIS



**TO 6.5KGS
WEIGHT GAIN
IN A YEAR**



**RAPID
BLOOD SUGAR
SPIKES**

AFTER DRINKING
SUGARY DRINKS CAN
**INCREASE HUNGER
AND OVER EATING**

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