



Did You Know?

Diet soda may not contain sugar, but it **DOES** contain **unhealthy things** like **artificial sweeteners, flavors** and **colors**.

Did You Know?

When it comes to sugar, remember that 4 grams = 1 teaspoon. There are about **10 teaspoons of sugar** in just **one 12-ounce can of regular soda!**



Bay Area Nutrition & Physical Activity Collaborative



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