



## Did You Know?

Even **100% fruit juice** contains a **kind of sugar** called "fructose."  
Doctors recommend young children drink **no more than four ounces** of juice per day!

## Did You Know?

When a 30-pound **child** drinks **one 12-ounce can** of caffeinated soda, he or she is getting as much caffeine as a 150-pound **adult** who drinks **4 cups** of coffee!



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