



A 12 oz. soda has up to 9 teaspoons of sugar

Would you add 7-9 teaspoons of sugar to your coffee? That is what is added to the average soda. And other beverages like energy drinks sweetened tea, and even fruit juices can have as much, or even more. Just one soda per day can add 15 pounds per year! The consumption of sugary drinks is a major contributor to the obesity epidemic in America.

For just one week, try replacing all sugary drinks with water, sugar free club soda, or green tea... If you can do it for a week, you can make this **one simple change** for life!

To see how much sugar is in your favorite drink, see the link below.

Visit <http://www.sugarstacks.com>