Drinking 2-20 oz. sodas per day
or 2-2qt. bottles of any sports drink per day
will add a pound of fat per week to your body
Think
before
you
Drink
Drink water or non-caloric beverages to
-caloric beverages to hydrate during the day
AVILA
Nutrition Care Division
Darnall Army Community Hospital
Fort Hood Texas
JAn 2005
Designed & Created
By
Darnall Army Community Hospital
Public Affairs Office
Julie A. Davis
2005