

What Did You Learn?

1. Obesity contributes to what diseases?
2. How much sugar is in a 12 oz. can of soda?
3. What is High Fructose Corn Syrup?
4. Sports drinks and energy drinks: the difference?
5. How can diet soda cause weight gain?
6. Fruit punch: juice or imposter?
7. Why is water a nutritional bargain?

