



Dear \_\_\_\_\_,  
(parents or caregiver)

Today, Wednesday Oct. 15, our class attended an assembly to learn about a new campaign called "**Rethink Your Drink**". We learned about how much sugar is in soda and other sweetened beverages, and reasons we should be making different drink choices. Some of these reasons are that the excessive sugar may lead to obesity and tooth decay. Please support me and my school in "**Rethinking Your Drink**" by purchasing and serving only healthy drinks for home and recreational events. Remember that there's nothing better than **water** in quenching thirst.

Love,

\_\_\_\_\_  
(student's name)

### Did you know...

- Americans drink more than 53 gallons of carbonated soft drinks per person, per year. This amount surpasses milk, coffee, water, and alcoholic beverages.
- Sodas, fruit punches and sports drinks provide "empty calories" and may be contributing to childhood and adult obesity.
- Over consumption of soft drinks is associated with obesity, osteoporosis, Type 2 Diabetes and risk of tooth decay.
- 9 million children nationwide are overweight. 24-26% of Bay Area 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> graders are overweight ([kidsdata.org](http://kidsdata.org))
- Overweight or obese children are at risk of developing high blood pressure, high cholesterol, asthma, and Type 2 diabetes. They are also more likely to have weight problems in adulthood.
- **Better choices:** water, lowfat milk, 100% fruit juice (1/2 cup a day) or juice diluted with water and sparkling waters.