NUTRITION CHALLENGE #1: “CAN THE SODA!!”

Your first Nutrition Challenge for our 9-week program is to Can the Soda. No sodas or fizzy drinks: regular, decaffeinated or diet. If you can successfully complete this challenge for at least 7-14 DAYS STRAIGHT during the next two weeks, please have your parent sign the acknowledgement form and return it to your PE teacher no later than Friday, March 7th.

Ten Reasons to Avoid Soft Drink Consumption:

1. A single can of soda contains the equivalent of 10 teaspoons of sugar. This amount of sugar, especially in liquid form, skyrockets the blood sugar and causes an insulin reaction in the body. Over time, this can lead to diabetes or insulin resistance, not to mention weight gain and other health problems. Soft drink companies are the largest user of sugar in the country. Just ONE can of Coke has about 10 tsp. of sugar (40 g.), which exceeds the American Heart Associations DAILY MAXIMUM intake of sugar for both women (4 tsp) and men (9 tsp). Teenagers with lower caloric intake than adults should consume even less!

2. Soda contains phosphoric acid, which interferes with the body’s ability to absorb calcium and can lead to osteoporosis, cavities and bone softening. Phosphoric Acid also interacts with stomach acid, slowing digestion and blocking nutrient absorption.

3. In diet sodas, aspartame is used as a substitute for sugar, and can actually be more harmful. It has been linked to almost a hundred different health problems including seizures, multiple sclerosis, brain tumors, diabetes, and emotional disorders. It converts to methanol at warm temperatures and methanol breaks down to formaldehyde and formic acid. Diet sodas also increase the risk of metabolic syndrome, which causes belly fat, high blood sugar and raised cholesterol.

4. Most sodas contain caffeine, which has been linked to certain cancers, breast lumps, irregular heart beat, high blood pressure, and other problems.

5. The water used in soda is just simple tap water and can contain chemicals like chlorine, fluoride and traces of heavy metals.

6. Harvard researchers have recently positively linked soft drinks to obesity. The study found that 12 year olds who drank soda were more likely to be obese than those who didn’t, and for each serving of soda consumed daily, the risk of obesity increased 1.6 times.

7. Sodas contain High Fructose Corn Syrup, which obviously comes from corn. Most of this corn has been genetically modified, and there are no long term studies showing the safety of genetically modified crops, as genetic modification of crops has only been around since the 1990s. Also, the process of making High Fructose Corn Syrup involves traces of mercury, which causes a variety of long term health problems.
8. There is absolutely no nutritional value in soda whatsoever. Not only are there many harmful effects of soda, but there are not even any positive benefits to outweigh them. Soda is an unnatural substance that harms the body.

9. Because of the high sugar, sodium and caffeine content in soda, it dehydrates the body and over a long period of time can cause chronic dehydration.

10. Drinking soda regularly causes plaque to build up on the teeth and can lead to cavities and gum disease.

Sources:
http://www.cnn.com/2012/05/18/health/jampolis-dangers-drinking-soda/
http://healthyliving.msn.com/health-wellness/7-side-effects-of-drinking-diet-soda
http://wellnessmama.com/379/reasons-to-avoid-soda/

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Parent Acknowledgement

Your Challenge, if you choose to accept it is to not drink any flat or fizzy soft drinks – sodas, diet, regular, “free”, etc. – for 7-14 days during the next two weeks. YOU CAN DO THIS!

Please return this slip signed by your parent or guardian no later than Friday, March 7th.

Student Name: ____________________________________________  Period: _______

As parent/guardian of ____________________________, I confirm that my child has completed the Nutrition Challenge as detailed above.

X ____________________________  Phone#: __________________

(Print name) ____________________________