



American Heart Association®

**KIDS
HEART
CHALLENGE™**

JOIN US FOR **NO SODA NOVEMBER**

Kids consume enough sugary drinks each year to fill a bathtub!



On average, children are consuming more than **30 gallons¹** of sugary drinks every year.

That's **10 times** the recommended amount!

| | | | | | | |
|----|----|--|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | <p>Most of the added sugar in our diets comes from what we drink, not what we eat! It's time to rethink your drink! Give up soda for the month of November and take charge of your heart health!</p> | | | | |

heart.org/sugar



¹ <https://newsroom.heart.org/news/american-academy-of-pediatrics-and-american-heart-association-endorse-suite-of-policies-to-reduce-kids-consumption-of-sugary-drinks>
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