Sugary Drinks Are Making Us Sick

Fill in the blanks to identify the diseases linked to drinking too many sugary drinks.

T 2
__ I A __________

Just one to two sugary drinks a day increases your risk for this disease by 26%.

O __ __ __ __ P __ __ S __ S
Phosphoric acid weakens bones and caffeine interferes with calcium absorption, leading to this disease.

L __ V __ DISEASE
Drinks high in fructose lead to the build-up of fat in this organ. Previously related mainly to alcohol, studies show that those who drink soft drinks have higher incidence of this disease than those who do not.

I __ F __ __ __ __ __ Y
In a recent study, young healthy men who drank more than one sugary drink a day had significantly lower sperm quality than those who drank less than one sugary drink a day.

__ O O __ D ___ Y
The acid and chemicals in sugary drinks cause this disease.

H __ __ __ D __ S __ __ E
People who drink 2 to 3 sodas per day are almost 3 times more likely to die of a heart attack.

C __ C __ R
Obesity is a risk factor for different forms of this disease and studies have linked sugary drinks to this disease in the uterus and liver.

G O __
This form of arthritis causes severe pain, redness, and tenderness in joints.

Source: Open Truth Website www.opentrutchnow.org