



# *See What You Sip*

There are about 10 teaspoons of sugar in 12 ounces of sugared soft drinks and over 2/3 cup of sugar in 36 ounces. Sipping on all of that sugar might leave you with little appetite for the healthy food choices at meal and snack times.

This message brought to you by *CIGNA HealthCare* and the *Healthy Kids Challenge*.

Working to make healthy eating and physical activity a regular part of your life at home and at work.

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