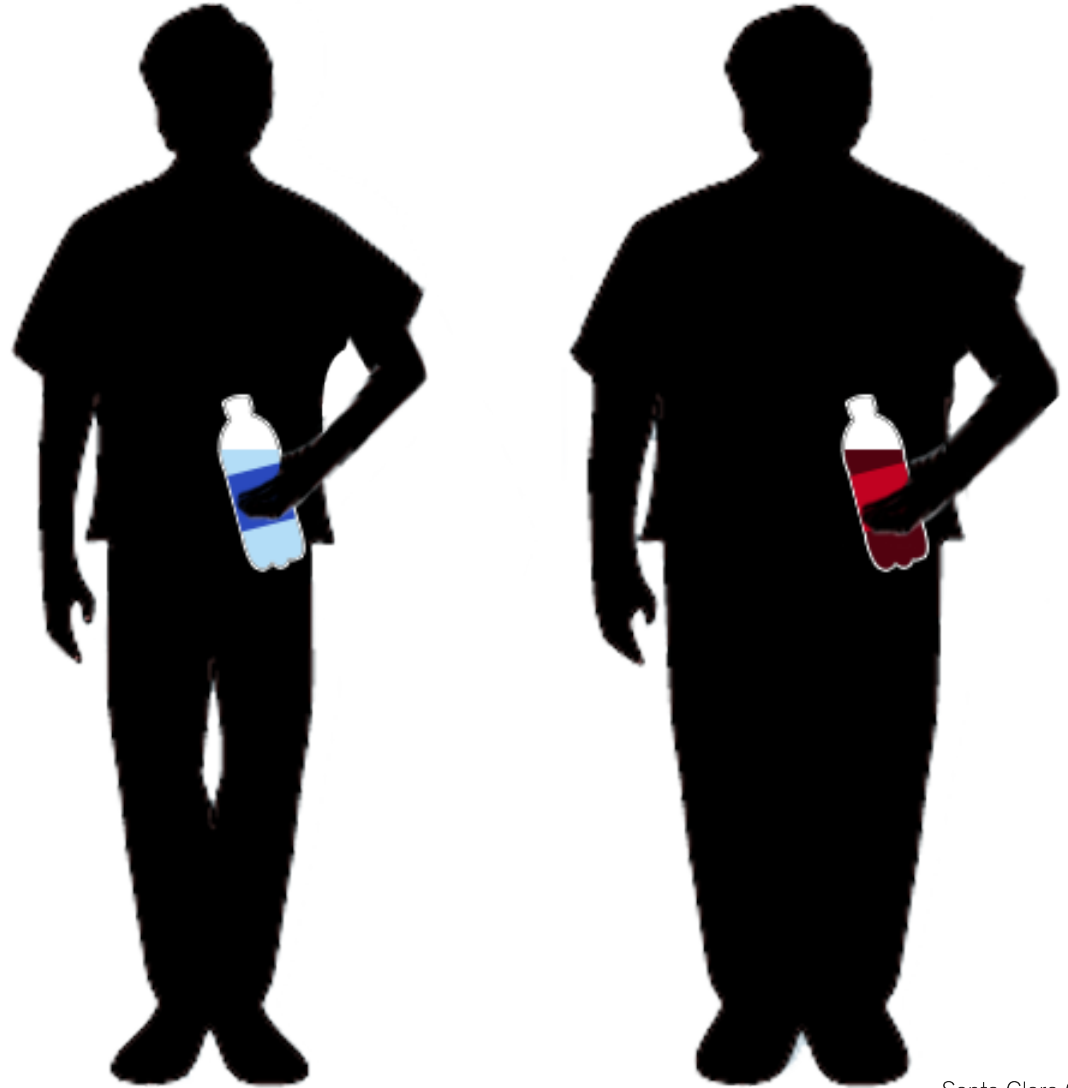


25 pounds.

That's the amount of weight you could gain in one year simply by drinking one 20 oz soda instead of an unsweetened beverage each day.

Is it worth it?

Try water, seltzer, or other no-calorie drinks.



Made possible with funding from the Center for Science in the Public Interest (CSPI).