



What's in Your Soda? (What's in Your Fast Food?)

Jaclyn Sullivan

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Forget the dessert sodas and other sugary drinks are the largest sources of added sugar in the diets of American children today. These drinks, low in nutrients and often high in calories, are thought by many to be one of the leading causes of our country's high obesity levels. This volume identifies a soda's common ingredients, both natural and artificial, and explores their origins, as well as any health dangers that young readers might not be aware of. Healthy alternatives such as low fat milk and water are suggested, as well as ways to make these drinks enticing and fun.

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Sheila Rocha:

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Robert Cobb:

Spent a free time to be fun activity to complete! A lot of people spent their leisure time with their family, or their very own friends. Usually they performing activity like watching television, going to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Might be reading a book could be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the reserve untitled What's in Your Soda? (What's in Your Fast Food?) can be very good book to read. May be it is usually best activity to you.

Irene Robertson:

Many people spending their time frame by playing outside using friends, fun activity using family or just watching TV the whole day. You can have new activity to shell out your whole day by looking at a book. Ugh, do you consider reading a book will surely hard because you have to take the book everywhere? It okay you can have the e-book, having everywhere you want in your Smart phone. Like What's in Your Soda? (What's in Your Fast Food?) which is obtaining the e-book version. So , try out this book? Let's observe.

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