



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

*Jaclyn Sullivan*

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## **What's in Your Soda? (What's in Your Fast Food?)** Jaclyn Sullivan

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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