



Take the pledge at kac.org/passonpop

Frequently asked questions

Why Sunday?

It's easier to start small by passing on pop (and other beverages made with added sugar) just one day a week. Sunday is a good day to make changes as a family or community. Passing on soda – and other sweet drinks – just once a week is an easy way to improve overall health. When you realize how easy it is, you might decide to skip on other days as well!

What about diet soda?

Even diet soda can be bad for your health. The artificial sweeteners found in diet soda can make you crave sweet foods and ultimately consume more calories.

Why sugar-sweetened drinks – why not candy and high-calorie foods?

All food and drinks with added sugar should be consumed in moderation. But unlike sweet foods, which are high in calories but will eventually make you feel full, sugar-sweetened drinks provide lots of calories but do not satisfy hunger. In fact, regular or diet soda consumption can make you crave more sweet foods.

Don't you need sports drinks to rehydrate after exercise?

Most people only need water and nutritious food to replace electrolytes lost during exercise.

I need the caffeine to stay alert.

It's important to get quality sleep and eat well. Stay hydrated with water. Have a cup of tea or coffee if you need a little something extra.

I want my family/ business/ faith community to go soda free, but I'm afraid it will upset people.

Discuss why this is important to you and how it fits with your family's/ organization's/ community's values. Make sure alternative beverages are available and appealing! Try tea, seltzer or water infused with fruit, cucumber or fresh ginger.