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.