



Refreshing
and
zero calories

how I survived the SODA switch

Karla



Tips

Karla's Steps

- Start small—don't drink sugary beverages at night or on the weekends.
- Keep water in your fridge, so you can reach for it anytime.
- Don't purchase soda or other sugary beverages when you are grocery shopping.
- Instead of giving a choice to the kids, serve water in a pitcher at meal times.
- Celebrate each positive change and be proud of them!

I didn't think I could function without soda. After all, it was my daily "upper" for almost 20 years. I barely finished a can before I would start to think about the next one.

Two children later, I wasn't as thin as I used to be. I decided to lose weight, and water fit better with my weight loss goals. It was hard to ditch soda, especially during the first week, but I wanted to lose weight more than I wanted my daily soda.

The first step was to stop buying soda at the grocery store. If soda wasn't in the house, I couldn't drink it. At times, I would sneak one at work, but I was soda-free on weekends and nights. Eventually I stopped craving it and water started tasting better.

My children didn't like the change from soda to water at first, especially my eleven year old daughter. She loves soda just as much as I do and naturally challenged my right to take it away from her. I told her I wanted this change for her too because I love her and want her to enjoy a healthy life without bad habits. I wish my mother had done that for me, but when I was growing up, we were not aware of how bad soda could be.

My three year old son adjusted to the soda-to-water switch better than my daughter. I simply give him water now. When he asks for soda, I tell him that I want better for him. Fortunately, he asks for soda less often now that we don't have it in our home.

I once had thought it would be impossible to stop drinking soda. It was hard, but well worth the effort. I have lost 20 pounds since I started cutting down on soda. Not all of my weight loss was from the soda switch, but I celebrate each positive change and am proud of my determination to be healthier.

I still miss soda sometimes. But I don't miss that bloated feeling or the extra cost it added to my weekly grocery bill. I feel proud that I am raising children who will someday thank me for helping them develop good eating and drinking habits that will pay off over their life time.



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A WHOLE LOT MORE!**

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