

THE HIDDEN DAMAGE OF SUGARY DRINKS

FROM THE FIRST SIP TO TYPE 2 DIABETES

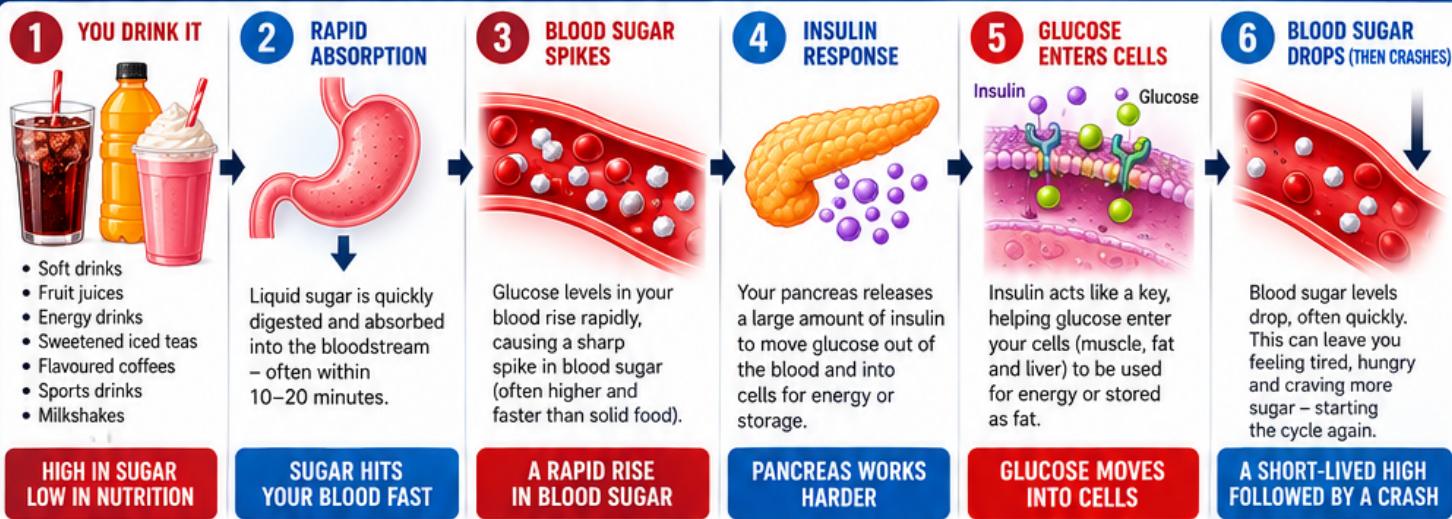
It's not just a drink. It's a metabolic chain reaction.

Sugary drinks – such as soft drinks, fruit juices, energy drinks, sweetened iced teas and flavoured coffees – are one of the fastest ways to flood your body with sugar. Here's what happens, step by step, and how repeated consumption can lead to insulin resistance and type 2 diabetes.



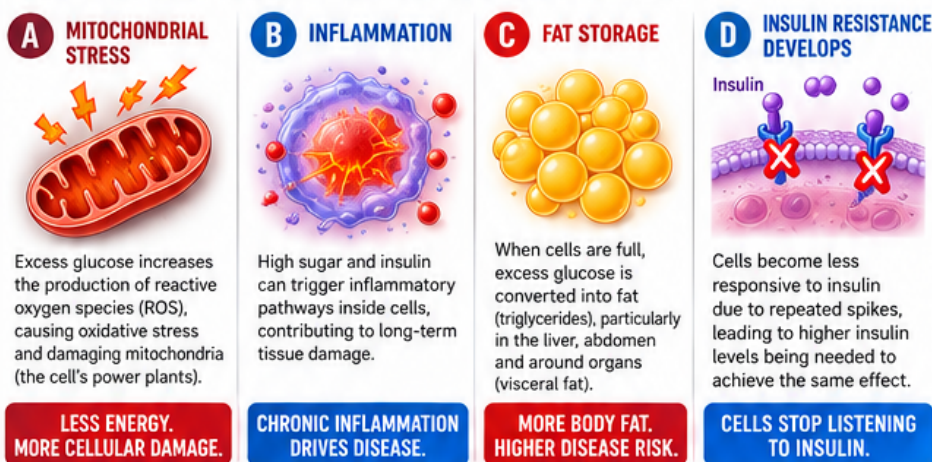
SMALL CHOICES MAKE A BIG DIFFERENCE.

WHAT HAPPENS AFTER YOU DRINK A SUGARY DRINK?



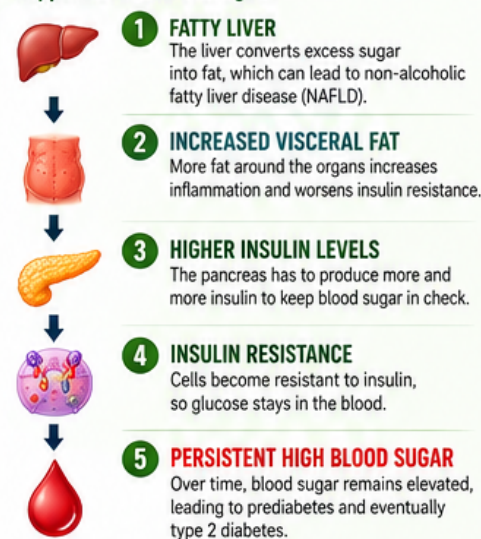
INSIDE THE CELL – WHAT EXCESS SUGAR DOES

Repeated spikes in sugar and insulin harm your cells over time.



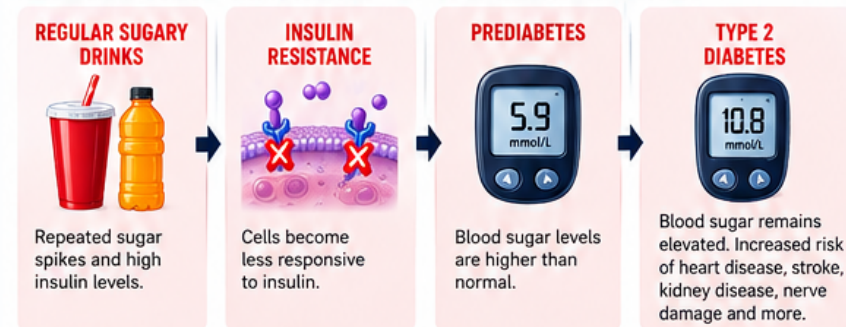
THE LONG-TERM EFFECTS

When you regularly drink sugary drinks, this cycle happens over and over again.



THE PROGRESSION TO TYPE 2 DIABETES

It's a gradual process – often over years – with no obvious symptoms at first.



BREAK THE CYCLE – CHOOSE BETTER

- ✓ Drink water – your best choice.
- ✓ Avoid or minimise sugary drinks.
- ✓ Choose whole, minimally processed foods.
- ✓ Be physically active every day.
- ✓ Build muscle through resistance training.
- ✓ Maintain a healthy weight.
- ✓ Get enough sleep and manage stress.
- ✓ Give your cells a break – avoid constant snacking.



**WATER
FUELS LIFE.
SUGAR
STEALS IT.**



KEY TAKEAWAY

Sugary drinks deliver a rush of sugar, but the real cost is paid by your cells. Repeated spikes can damage mitochondria, increase inflammation, lead to insulin resistance and set you on the path to type 2 diabetes. Choose water. Protect your cells. Invest in your long-term health.



UNDERSTAND YOUR BODY.



BUILD HEALTHY HABITS.



LIVE YOUR BEST LIFE.

Small choices today.
A healthier tomorrow.

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