



ARE YOU POURING ON THE POUNDS?

DON'T DRINK YOURSELF FAT.

**Cut back on soda and other sugary beverages.
Go with water, seltzer or low-fat milk instead.**

NYC
Michael R. Bloomberg,
Mayor

Department of
Health & Mental
Hygiene
Thomas Farley, M.D., M.P.H.,
Commissioner

A hand is shown pouring a thick, yellow, viscous liquid from a clear plastic bottle into a glass. The liquid is being poured directly onto a large, irregular, yellowish-brown mass that resembles a piece of fat or a large ice cube. The mass is sitting in a clear glass. The liquid is being poured from a bottle with a red cap, which is lying on the surface next to the glass. The background is plain white.

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