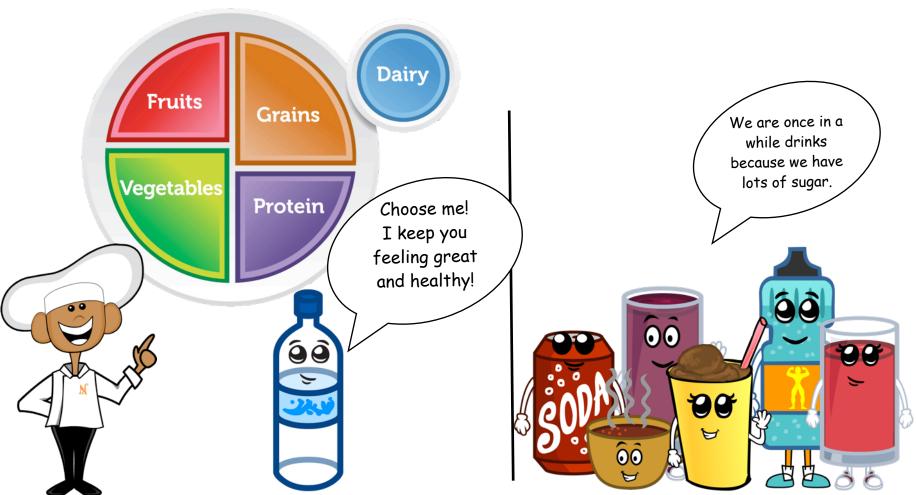


10

Drink water instead of drinks full of sugar:

·Sodas, energy drinks and even fruitflavored drinks can be full of sugar.



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