

# Stop the Pop

Avoid Sugary Drinks to Improve Your Oral Health



Performance TRIAD  
Good Oral Health & Proper Nutrition Work together



U.S. ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD:  
SLEEP, ACTIVITY, AND NUTRITION.

AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)



**ARMY  
FAMILY**  
IS AN UNSTOPPABLE FORCE

