



Complete this worksheet and
turn in to your coach by _____
to get a PURPLE star!

Name: _____

Better Drink Choices!

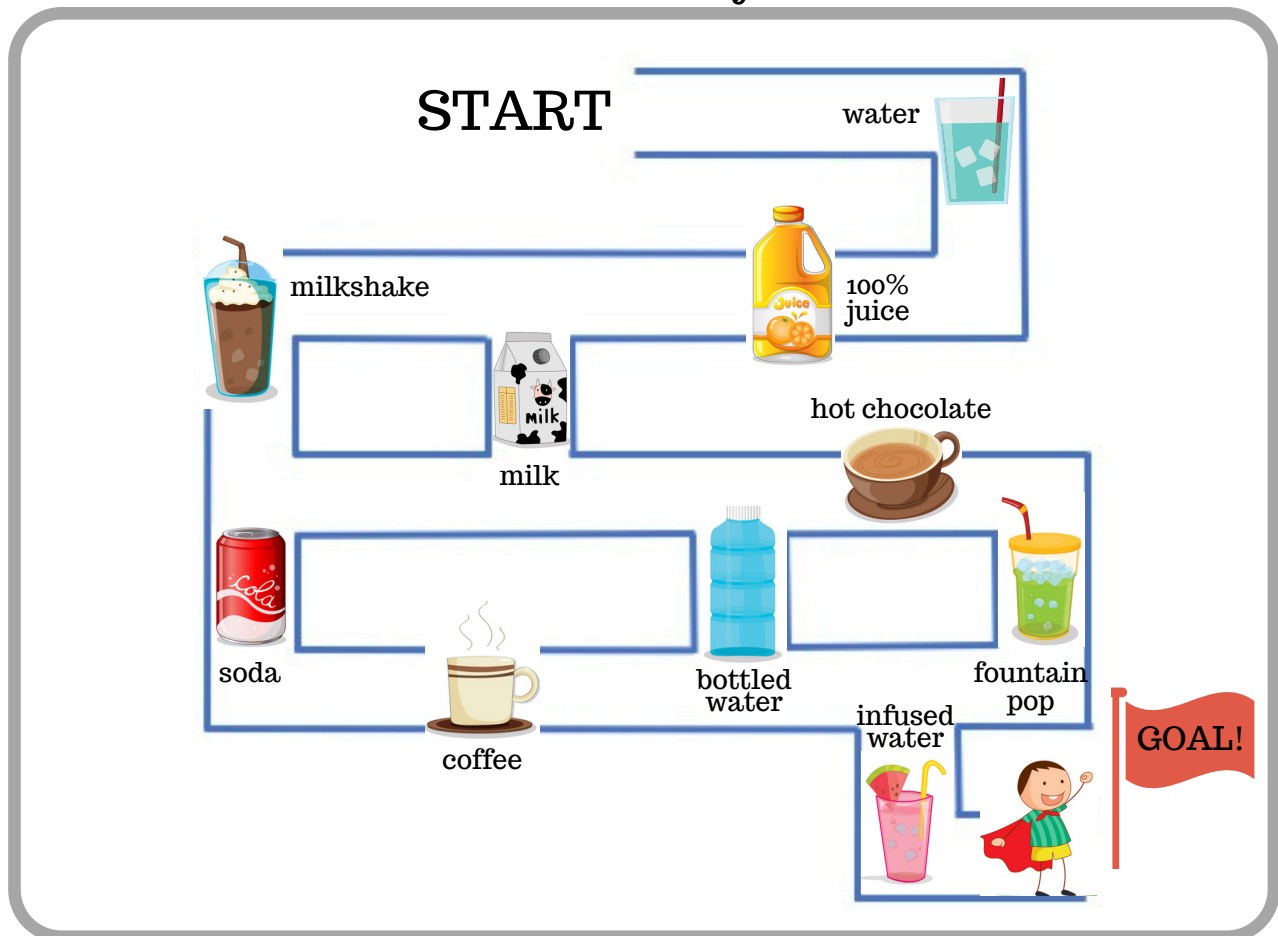
Healthy Habit of the Week:

I will limit my sugary drinks to one per week as a treat

Key Points:

- It is important to not have added sugars in our drinks because they do not have healthy nutrients
- Healthy drinks are: water (5 to 7 cups or 3-4 water bottles each day), milk (2 cups each day), and 100% fruit juices (1 cup each day)
- You can put fruits or vegetables in your water like cucumber, lemon, or strawberries to make "infused" water
- Unhealthy drinks to avoid are: soda, sports drinks, energy drinks, Kool-Aid, Sunny D
- When there is a lot of sugar in your drink, you will feel thirstier and end up drinking even more sugar

Follow the Healthy Choices



Key:

