



# "I EAT RIGHT"

## Better Drink Choices

It is important to choose healthy drinks- like water- over sugary drinks like Kool-Aid and soda.

Water is always the best choice when you are thirsty, but you can also drink plain, low-fat milk, or a small amount of fruit juice (4-6oz a day of juice)!

What are the kinds of drinks that are available at home for your child?  
What does your child drink with snacks?

What does your child drink at school ?  
At summer camp? At after-school programs?

How can you help your child replace unhealthy choices with healthier ones?

**HEALTHY HABIT OF THE DAY:**  
I limit my sugary drinks or treats to one a day.



Many drinks don't offer any nutrients and instead are just sugar- like soda for example. Soda has 9 teaspoons of sugar per can!

Why is drinking too much sugar not healthy?

- Sugary drinks fill you up but don't have any vitamins or minerals.
- Sugary drinks can make you shaky.
- Sugary drinks can make your liver and pancreas work too hard.
- Sugary drinks are bad for your teeth.
- Sugary drinks make you thirstier, so you drink more of them.
- Many sugary drinks such as soda and energy drinks contain caffeine. Caffeine may keep you awake at night, which may not allow for you to get a good night's sleep.
- Cavities can also form when you drink too many sugary drinks.

### QUESTIONS TO ASK YOUR CHILD:

**Q:** How much sugar is in one glass of Kool-Aid?

**A:** About 12 teaspoonfuls

**Q:** What can we drink instead of sugary drinks?

**Q:** What is your goal for drinking non-sugary drinks this week?

**Q:** What should you do next time you are thirsty?  
What are you going to choose to drink?

**Q:** What are some examples of drinks that are high in sugar?

**A:** Gatorade, Kool-Aid, Sunny-D, most fruit juices

# How Much SUGAR DO YOU DRINK?

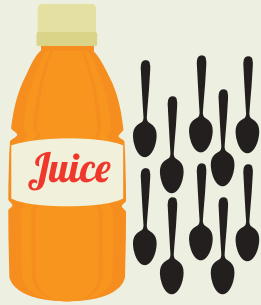
Equivalents:

1 teaspoon of sugar = 4 grams of sugar

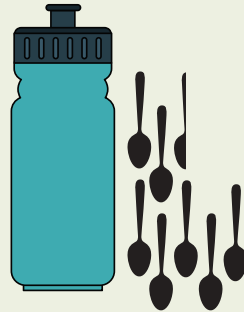
1 teaspoon of sugar = 1 sugar packet



**20 oz Soda**  
16 teaspoons of sugar



**16 oz Juice**  
10 teaspoons of sugar



**20 oz Sports Drink**  
7.5 teaspoons of sugar



**16 oz Chocolate Milk**  
15 teaspoons of sugar



**20 oz coffee store mocha**  
18 teaspoons of sugar

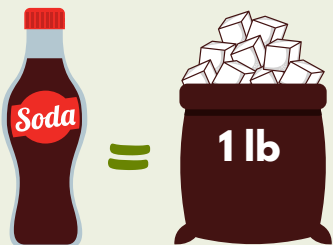
**Did YOU know?**

Soft drinks, fruit juice, sports drinks, and flavored milk can contain 7-10 teaspoons of sugar in an 8oz serving!

**With NO SUGAR in it, water is the best choice.**

low or reduced-fat unflavored milk is a good choice too.

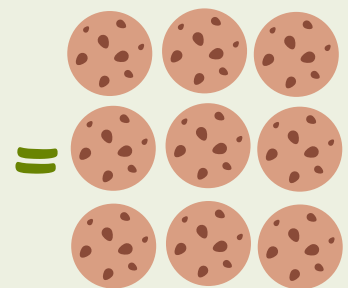
A good rule to consider - milk with meals, water in between!



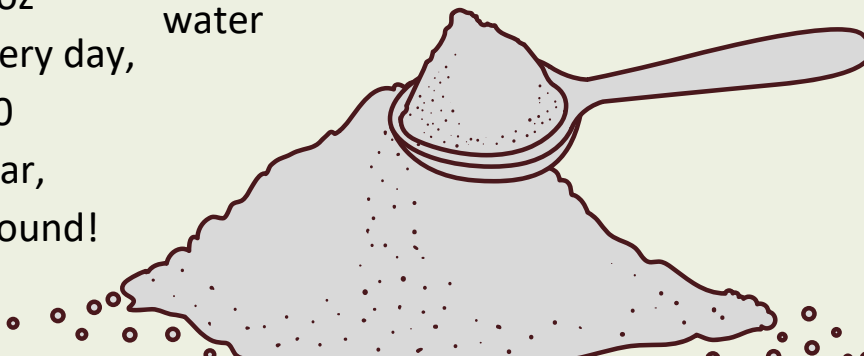
If you drink a 20 oz bottle of soda every day, you will drink 490 teaspoons of sugar, which equals 1 pound!



You could save \$60/month if you switch a daily soda for water

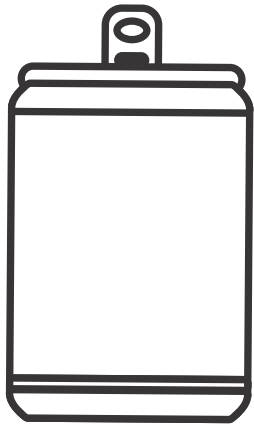


A 24 oz sports drink has as much sugar as 9 chocolate chip cookies!

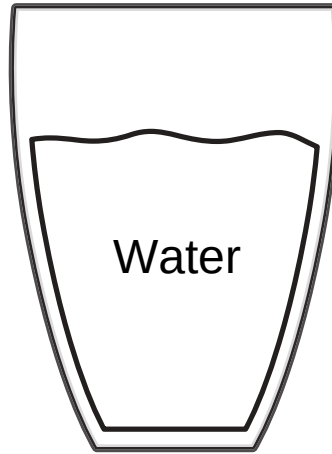


# how much sugar?

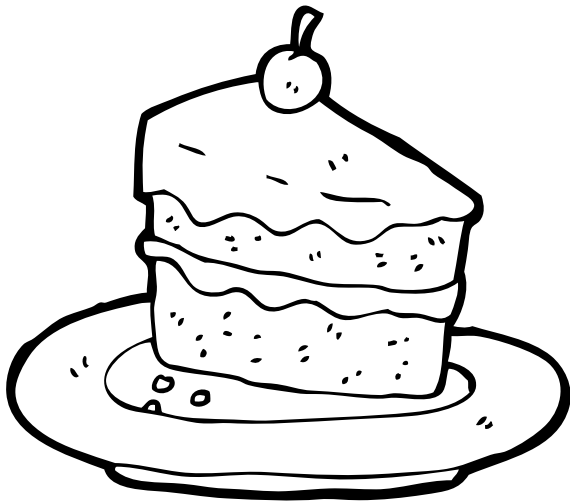
Kids, with your parents, look up how much sugar is in each of these below, then draw the number of teaspoons for it



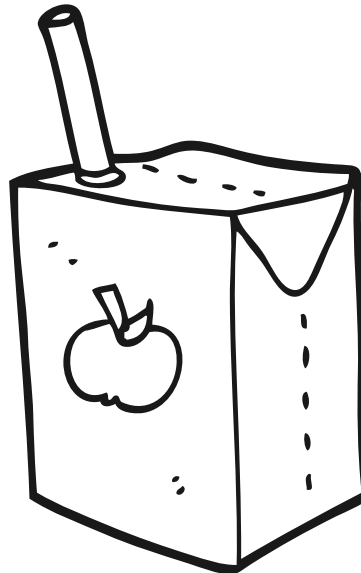
**12oz can of soda**



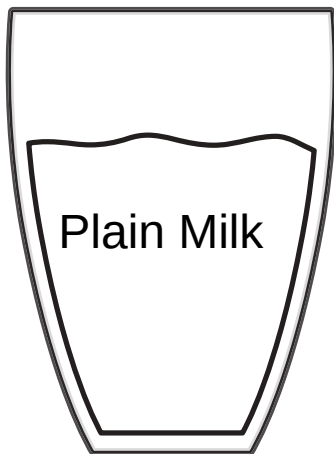
**12 oz glass of water**



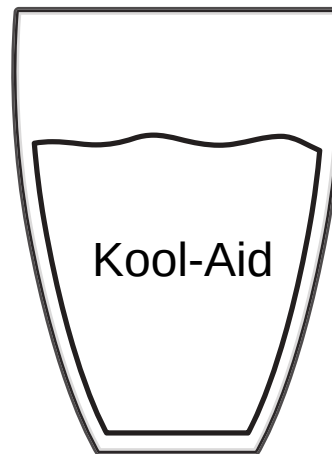
**Slice of cake**



**8oz box of apple juice**



**8oz glass of plain milk**



**8oz glass of Kool-aid**