"I EAT RIGHT"

Healthier Beverage Choices

DRINKS WITH SUGAR:

These drinks have tons of sugar in them and end up making you more thirsty than before you drank them!

- Gatorade- 9 teaspoons per serving
- Sunny D- 6 teaspoons per serving
- Kool-Aid-12 teaspoons per glass
- Apple juice- 7 teaspoons per glass
- Red Bull energy drink- 9 teaspoons per serving

IMPORTANCE OF WATER:

While water may not have any nutrients it does help nutrients get where they need to go in the body. Water helps every part of the body stay healthy, that's why it's so important to make sure you are getting 6-8 cups of water a day!

Water helps :

- Keep the skin healthy
- Your body digest food
- You have plenty of energy when being physically active

HEALTHY HABIT OF THE DAY:

I will limit my sugary drinks.

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EFFECTS ON THE BODY:

Sugary drinks such as sports drinks and Kool-Aid give you a short burst of energy because of the sugar in it. After awhile your body feels tired from drinking sugary drinks because they don't have nutrients to provide your body with energy. Sugary drinks can also make you shaky and give you a headache. Sugar makes the pancreas and liver work overtime. If you drink too much sugar you can also get cavities in your teeth. When choosing a drink look at the nutrition label on the back to see the amount of sugar and try choosing something with little to no sugar such as water to hydrate your body or a fruit smoothie. You will find yourself with a lot more energy drinking these drinks because there are nutrients in water and fruit that provide you with this energy.

Caffeine can also be in sugary drinks such as soda and coffee and can disrupt sleep by keeping you up late at night. If you start to drink caffeine regularly your body will learn to crave it, and you this can make you feel tired and unfocused. If your body begins to crave caffeine and you don't have it everyday you can get a headache until you drink caffeine that day. It is important to stay away from caffeine as much as possible to avoid your body craving it, and enjoy other healthy options or soda in moderation.

QUESTIONS TO ASK YOUR CHILD:

Q: How much sugar is in a can of soda?

A: 9 1/2 teaspoons

Q: What happens when you drink sugary drinks?

A: They make you thirstier and you crave more sugar

Q: What happens to your teeth from too much sugar?

A: Cavities

Q: Why is soda not healthy?

A: It has a lot of sugar and no other nutrients in it

How to Choose Healthier Beverages:

When looking for a drink to grab out of the fridge or when shopping at the store think to yourself:
Is this going to help fuel my body?

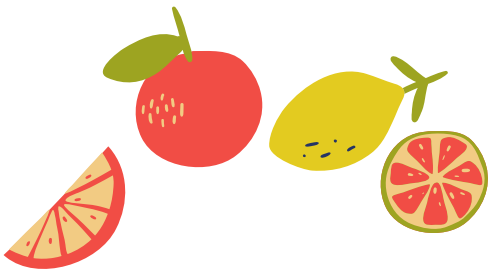
What to think of when choosing a beverage:

- The amount of sugar
- Hydration
- Will it supply your body with energy?
- Nutrients
- No caffeine

Examples of healthy beverage choices:

- Water
- Coffee and tea WITHOUT cream/sugar
- 100% fruit juices
- Smoothies
- Milk

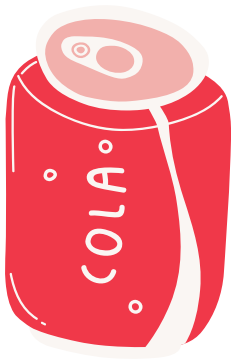
Fun Fact:
A majority of the sugar we intake each day is not from the food we eat, but instead from what we drink!
This is why it is so important to make healthy beverage choices!

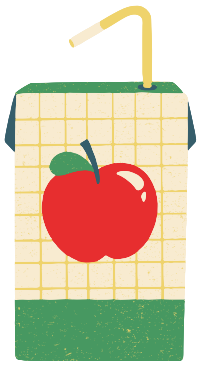


THIS OR THAT

When choosing a beverage to drink it's important to choose something that will make you less thirsty and hydrate you. Everything is okay in moderation, but you should try to choose healthy beverage choices most of the time.

Circle the healthy beverage choices below!





Write down some beverages that are okay in moderation:

Example:

It's okay to have Kool-Aid sometimes, but not every day because it doesn't give your body energy like water would.

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