



powerUP

Tips for Raising PowerUp Kids



ZERO Sugary Drinks

Skip the sports drink, pop, sweet tea, or fruit drinks.

How can you tell if a drink has a lot of added sugars? Look for “sweet” words on the ingredient list such as sugar, corn syrup, and cane syrup, maltose, honey, molasses, high fructose corn syrup or “other sweeteners.”



Did you know that sugary drinks leave you zapped of power, energy, and nutrition?

Refresh with water, milk, or a little 100% fruit juice instead!



Visit www.powerup4kids.org for more PowerUp activities, recipes and more!