

ZERO SUGARY DRINKS

Sugary drinks – like soda, sports and fruit drinks – aren't the best choice for kids (or anybody)! They might have the yum, but sugary drinks will drain your power. When in doubt, milk or water is always the best choice.

Be a sugar detective

Look for these words in the ingredients list on your drink. If you find one, your drink is probably sugary.

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> Sugar | <input type="checkbox"/> Maltose |
| <input type="checkbox"/> High fructose corn syrup | <input type="checkbox"/> Honey |
| <input type="checkbox"/> Cane syrup | <input type="checkbox"/> Molasses |



Thirsty? Choose to lose the sugar

Circle the best choice



water -or- energy drink?

Drink five to eight cups of water a day to power up for sports, school and play. Skip the energy drinks.



fruity drink -or- 100% fruit juice?

100% fruit juice is real fruit, but just a little each day. Munching on whole fruit is even better. Skip the fruit drinks.



milk -or- soda?

Three cups of milk a day (1% or skim) is good for strong teeth, bones and energy. Skip the soda.

Guess how much of your body is water?

20% 40% 60%

Water makes up 60% of your body, so get plenty of it every day!