



"I EAT RIGHT"

Better Drink Choices

TODAY WE DID:

Today we did a 15 minute lesson about nutrition and healthy drink choices and 30 minutes of physical activity with your child.

TODAY MY CHILD LEARNED:

Today we learned all about the importance of choosing healthy drinks- like water- over sugary drinks like Kool-Aid and soda.

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

We also thought about the types of drinks we have at home, with snacks and at school, and thought about how we could replace unhealthy choices with healthier ones.

HEALTHY HABIT OF THE DAY:

I limit my sugary drinks or treats to one a day.



WHAT DID WE TALK ABOUT TODAY?

Today, we learned about choosing healthier drinks and understanding why sugary drinks are not healthy for us!

We talked about how many drinks don't offer any nutrients and instead are just sugar- like soda, which has 9 teaspoons of sugar per can!

We talked about why drinking too much sugar is 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 TO CONTINUE THE DISCUSSION FROM TODAY:

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

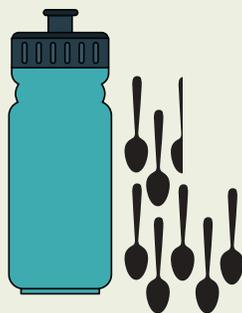
1 teaspoon of sugar = 1 sugar packet



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

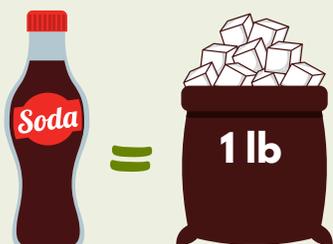
Did YOU know?

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!

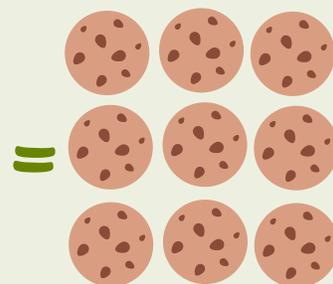


If you drink a 20 oz bottle of soda every day, you will drink 490 teaspoons of sugar, which equals 1 pound!

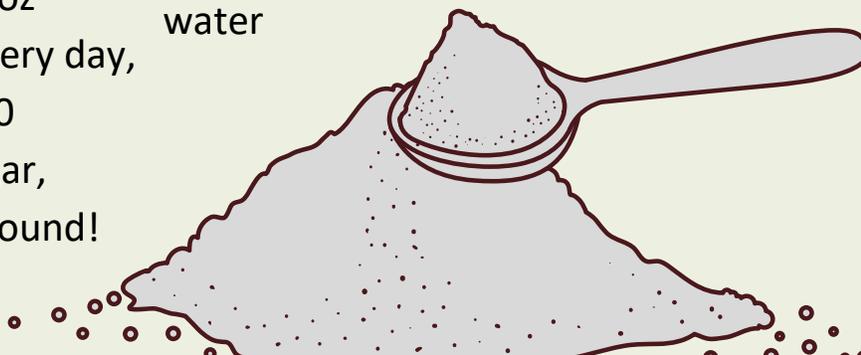


\$60 a month

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

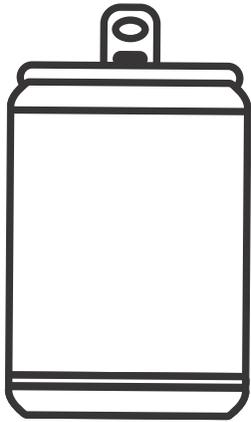


A 24 oz sports drink has as much sugar as 9 chocolate chip cookies!

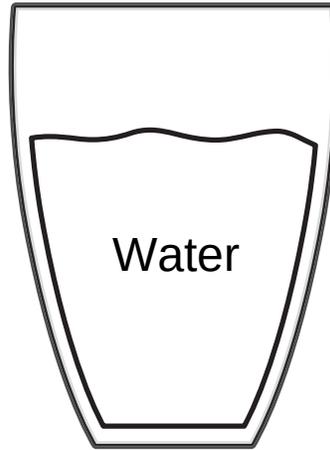


how much sugar?

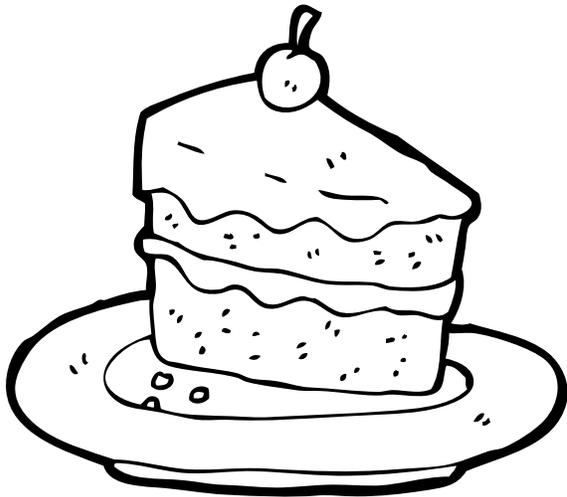
Kids, with your parents, look up how much sugar is in each of these below, then draw the number of teaspoons for it



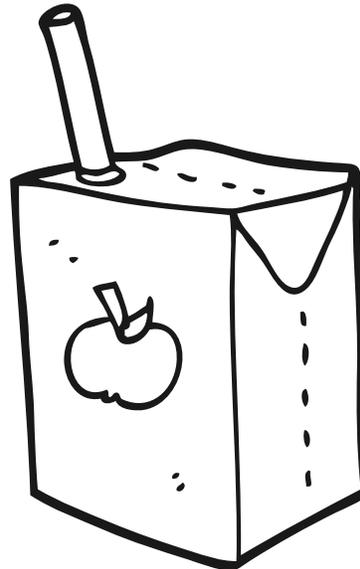
12oz can of soda



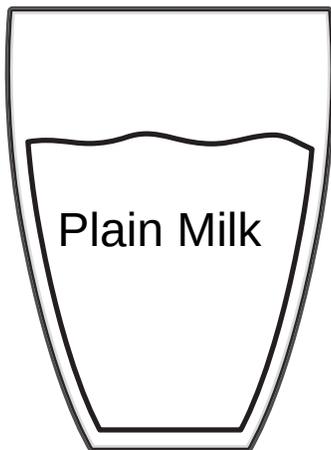
12 oz glass of water



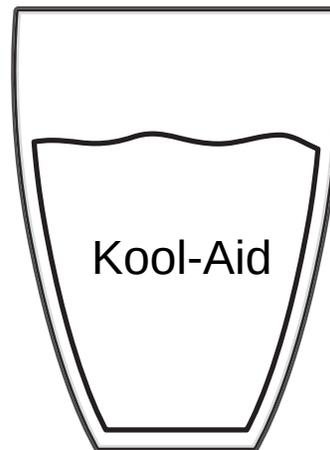
Slice of cake



8oz box of apple juice



8oz glass of plain milk



8oz glass of Kool-aid