

Nutrition Time!

The Tale of Two Beverages

Not all beverages are the same. Some have added sugars and some have added caffeine, a stimulant that can be addictive. The most common drink to find caffeine in is pop, one of the reasons to avoid drinking too much. Also, the amount of sugar found in pop is enough extra calories to contribute to weight gain. Therefore, it is best to avoid soda, sugared 'juice' drinks, and even sports drinks - unless of course you are exercising for more than one hour. These drinks have more sugar than the body needs. Drinking this added sugar does not quench your thirst; it only makes you thirstier! Then, you consume even more calories when you drink even more! Not only does the extra sugar add extra weight, but it also is not healthy for the teeth either. Limiting the use of added sugar helps keep the calories down and prevent cavities. As a result, you should look to drink more water, 100% juice, and milk.

The best choice for a drink body needs lots of it to properly. You need day, so start looking for a mixing in a no- The flavor will be still have that light looking for. Most importantly, check drink labels drinking too much



is water, as one's be able to work about eight glasses a drinking! If you're sweeter drink, try calorie sweetener. great and you will sugary taste you are always remember to to make sure you aren't sugar!



Watch out for hidden sugars!

These are some other names for sugar:

- High fructose corn syrup
- Dextrose
- Caramel
- Molasses
- Fructose
- Honey
- Corn sweeteners
- Maltose
- Corn syrup
- Galactose
- Glucose

Check for these in the ingredients on the Nutrition Facts label!

Nutrition Fun Facts!

The human body is made up of mostly _____
 The most popular fruit is _____
 Calcium builds strong bones, it is found in _____
 There are over 200 seeds in one of these _____
 Do this every day to stay healthy and fit _____
 The most popular vegetable is _____

Word Bank

- Exercise
- Milk
- Water
- Strawberry
- Potato
- Banana

Food Scramblers!

Unscramble these names of popular fruits and vegetables!

ANABAN _____
 CROBOILL _____
 LOMEWTERAN _____

ROTRCA _____
 EGNER NEBAS _____
 OTMATO _____

