

Today in

# NUTRITION CLASS

Your child learned about...

# ReThink your Drink

- Drinks can give us calories that we don't normally think about. Just adding one sweetened drink a day (one 12-oz can) can add 15 lbs to your body in a year.
- Water is the best choice when you are thirsty. Drink milk with your meals.
- Milk and 100% juice are "nutrient dense beverages", meaning they contain a variety of the vitamins and minerals our bodies need. Sodas, sports drinks, sweet tea, fruit punch, and other sweetened drinks are "empty calorie beverages", meaning they provide calories from added sugars but few, if any, other nutrients.
- How much sugar is in your drink? Check the label
  - Grams (g) of sugar  $\div 4 =$  teaspoons of sugar
  - For example: 40 g sugar  $\div 4 = 10$  teaspoons of sugar
- When you drink juice, make sure the label says "100% juice" and limit yourself to one glass a day.

Watch out for added sugar in your drinks. Check the ingredients list! Sugar has many names, including:

- High fructose corn syrup
- Cane juice or cane sugar
- Fruit juice concentrate
- Malt syrup
- Anything ending in "-ose" (glucose, fructose, sucrose, dextrose, maltose)

Make it  
**Eat it!**  
Love it!

## Fruit Juice Fizz

### Ingredients

100% fruit juice (grape, apple, orange, etc)  
Seltzer water

### Directions

Mix together half 100% fruit juice and half seltzer water. Add slices of lemon, lime, or orange.



Add some pizzazz to your water!

- Add slices of citrus such as lemon, lime, orange, or grapefruit.
- Keep a pitcher of water in the refrigerator—cold water may be more refreshing!
- Add herbs like rosemary, mint, or basil.
- Keep a refillable water bottle or cup with you throughout the day.
- Remember to drink up before and after exercise, or when spending time outdoors.
- When you feel like snacking, drink some water first.
- Think about the money savings if you choose water when eating out!

## Family CHALLENGE

Replace a sugar sweetened drink with water, milk or 100% fruit juice every day this week.



Write your own challenge: \_\_\_\_\_

## Get your GROOVE On

**Have a Dance Party!**  
Put on your favorite music and get moving!  
All ages can have fun showing off their moves.

## LEARN more here

- **CDC: Rethink your Drink**  
[www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink\\_your\\_drink.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf)
- **Sugar Sweetened Beverages:**  
[www.health.ri.gov/healthrisks/sugarsweetenedbeverages/](http://www.health.ri.gov/healthrisks/sugarsweetenedbeverages/)
- **Sugar Stacks:**  
[www.sugarstacks.com/beverages.htm](http://www.sugarstacks.com/beverages.htm)