

BLAST OFF TO HEALTHY LIVING

zero

Cut sugar-sweetened drinks to ZERO



5

Eat five servings of fruits or veggies every day.

4

Eat together as a family four times a week.

3

Eat three meals a day (don't skip breakfast!)

2

Limit screen time to two hours a day.

1

Get at least one hour of exercise per day.

0

Cut sugar-sweetened drinks to zero.

Drinks that contain sugar can lead to weight gain. Just look at how much sugar is in each of these drinks!!

Fruit juice – 12-18 teaspoons of sugar in 16 oz

Regular soda – 17 teaspoons of sugar in 20 oz

Sports/energy drinks – 9 teaspoons of sugar in 20 oz

Flavored milk, sweet tea and some drink mixes and specialty coffees also contain sugar.

- Aim for less than 3 grams of sugar per serving. (there are 4.2 grams of sugar in a teaspoon)
- Beware of “sweetened beverages” that contain a lot of sugar and calories that do not provide any nutritional value.

What's a good choice?

- Water
- Flavored water
- Sugar-free drink mixes

Tips for choosing healthy drinks

- Start by cutting down on sodas and sugary drinks, then cut them out all together.
- Try sparkling mineral water, or add a slice of lemon or lime or fruit juice to add flavor.
- Be a good role model and ask the whole family to stay away from sodas.
- Order water when eating out – it's free!
- Choose fruit juices that are 100% juice, not a juice drink...but limit kids to one glass of pure juice a day.
- Choose plain, not flavored milk.
- Stay away from energy drinks.
- Don't give your kids sports drinks unless they are involved in an hour or more of strenuous physical exercise. Sports drinks are for hydrating, and contain too much sugar for everyday drinking.



**CHOOSE WATER!
IT'S AFFORDABLE,
CALORIE-FREE AND
REFRESHING!**

**The average can of
sugar-sweetened soda
or fruit punch has
about 150 calories!**