Drink Healthy

Which drinks have less sugar?
Circle the healthier choice in each pair.

8 oz. light yogurt smoothie vs. 20 oz. frozen creamy coffee drink vs. 12 oz. coffee
20 oz. café mocha

Drink Light with less sugar

24 oz. energy drink vs. 8 oz. sports drink

Treat Your Teeth With Care

It’s no secret that sugar can cause cavities. Candy and sugary treats are often the first to be blamed, but sweetened drinks also play a part. Plaque, a sticky substance found on your teeth, contains bacteria that feed on sugar in foods and drinks. The bacteria make an acid that dissolves tooth enamel. This can cause cavities. Sweetened drinks are a big problem if they’re sipped all day long, because your teeth are always in contact with the enamel-dissolving acid.

What can you do?

☐ Choose unsweetened drinks like water, low-fat milk, or unsweetened tea

☐ If you do have sweet foods or drinks, have them with meals

☐ Brush your teeth twice a day and floss daily

Drink More Water

Drinking water is a great way to satisfy your thirst. It’s calorie-free, inexpensive, readily available, and plays a vital role in the functioning of your body. Heat, humidity, and physical activity can increase your fluid needs. If you’re physically active more than 90 minutes, choose a sports drink that will replace electrolytes lost through sweat. Any activity less than 90 minutes, stick with water.