




COLONIAL NUTRITION NEWSLETTER


Choosing Good Beverages...

Thirsty? Thirsty?

Follow the boxes and see if you make the healthiest drink choices.
START HERE:

OUCH! 

Having too much sugar from soda and some flavored drinks can rot your teeth if you are not brushing your teeth regularly. Cavities are no fun, keep that smile shining by brushing in the morning and at night and don't have too many sugary drinks!



Whatcha drinking?

In a carton of *milk* there are many vitamins and minerals like Vitamin D and Calcium to make you strong!

In a can of *soda* there is a lot of sugar and no vitamins or minerals.

Which drink is the healthy way to start the day?



SODA

MILK



Oops! Soda is full of sugar and calories and has no vitamins or minerals. For a healthy day - don't go this way!

Yum! A nice glass of fat free milk has all the right ingredients to give you the energy to have a great day!

Lunch time! Which is a healthy drink to wash down your lunch?



SODA

100% orange juice



Oops! No not soda. We don't want to ruin our healthy day!

Good choice! This drink has tons of vitamin C to keep you healthy!

Doing activities outside was fun! Which drink is the best way to refresh?

WATER

SODA



Wow! You are hydrated and ready for the rest of the day!

Oops! There is too much sugar in that drink when you are thirsty!

Did you know?

One can of soda has 150 calories... BUT a bottle of water has **NO** calories. What a difference! 😊

Soda is OK to have sometimes, but not every day.