





Water

0
per 250 mL

How much sugar is in your drink?



473 mL (~ 2 cups)

14
per 250 mL



341 mL (1 1/3 cup)

7
per 250 mL



355 mL (1 1/2 cup)

12
per 250 mL



500 mL (2 cups)

24
per 250 mL



500 mL (2 cups)

16
per 250 mL



710 mL (2 3/4 cups)

10
per 250 mL



591 mL (2 1/3 cups)

20
per 250 mL



591 mL (2 1/3 cups)

17
per 250 mL



591 mL (2 1/3 cups)

16
per 250 mL



Rethink Your Drink

12 ounce drinks



Coca Cola
42 grams sugar
140 calories



Monster Energy
38 grams sugar
140 calories



Water
0 grams sugar
0 calories



Vitamin Water
20 grams sugar
70 calories



Mountain Dew
46 grams sugar
150 calories



Minute Maid Orange Juice
28 grams sugar
100 calories



Capri Sun
36 grams sugar
100 calories



Starbucks Frappuccino
44 grams sugar
190 calories



Chocolate Milkshake
64 grams sugar
290 calories



2% Chocolate Milk
22 grams sugar
80 calories



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This material was prepared by the 2010 Supplemental Nutrition Assistance Program through a grant awarded by the U.S. Department of Agriculture. The information is for informational purposes only and does not constitute an offer of insurance or any other financial product. Please contact your insurance agent for more information.



No sugary drinks.

• Think before
you drink.



video

Role play

Student A



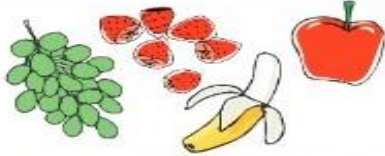





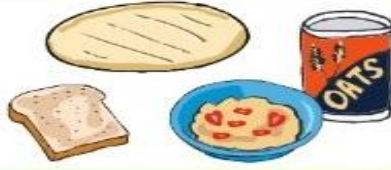








Student B



U R What U Eat

Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Whoa is a simple way to recognize foods that are the smartest choices.

- **"Go"** Foods: Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories
- **"Slow"** Foods: Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories
- **"Whoa"** Foods: Eat once in a while (Least often) — they are very high in fat and/or added sugar, and are much higher in calories

Food Groups	GO	SLOW	WHOA
Fruits Whole fruits (fresh, frozen, canned, dried) are smart choices. You need 2 cups of fruit a day. 1 cup is about the size of a baseball.			
Vegetables Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow or Whoa foods. You need 2 1/2 cups of vegetables a day. Dark green and orange vegetables are smart choices.			
Grains Try to make at least half of your servings whole grain choices and low in sugar. An ounce of a grain product is 1 slice of bread, 1 cup of dry cereal, or 1/2 cup of cooked rice or pasta. You need about 6 ounces a day.			
Milk Milk products are high in vitamins and minerals. Fat-free and low-fat milk and milk products are smart choices. About 3 cups are needed each day; 1 cup of milk, 1 cup of yogurt or 1 1/2 ounces of natural cheese count as 1 cup.			
Meats & Beans Eating 5 1/2 oz. a day will give you the protein, vitamins and minerals you need. Limit meats with added fat. Smart choices include beans (1/4 cup cooked), nuts (1/2 oz.) and lean meats (1 oz.) baked or broiled.			

Time of day

Food and drink choices

Breakfast

Sugary
cereal (30g)

2 plain
wheat biscuits

Drink

Water



Juice drink



Morning snack

3 chocolate
biscuits

Apple



Lunch

Low fat,
lower-sugar
yoghurt

Split pot
yoghurt

After school
snack

Chocolate muffin



Plain rice cakes



Dinner

Ice cream and
chocolate sauce

Sugar-free
jelly