



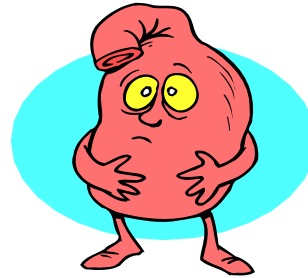
WHY DO WE NEED TO DRINK?

So we don't get dehydrated!

Dehydration can cause

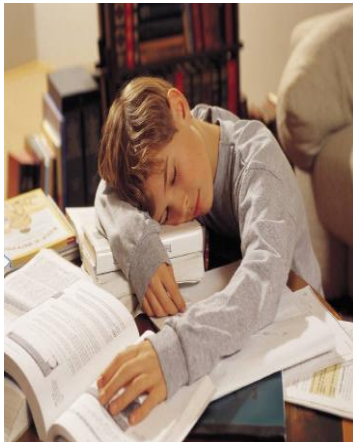


Headaches



Hunger

Upset Stomachs



Crabbiness



Tiredness and Difficulty Concentrating



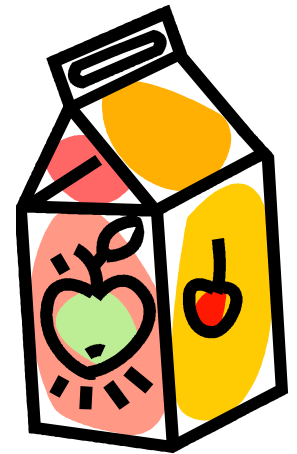
HOW MUCH SHOULD WE DRINK?



6 – 8 eight oz cups.

The more active you are the more you should drink.

What should you drink?





SODA IS THE LEAST HEALTHY



**Drink Soda only
Occasionally
If at all**

Soda is full of sugar and sometimes caffeine.

The average American drank 592 cans of soda in 2009. That's 32 pounds of sugar!

This can lead to:

Tooth Decay

Poor Health

Weight Gain

Increased Risk of Diabetes

Diet Soda has no nutritional value
and is full of artificial ingredients.



Coca Cola 12 oz can

Nutrition Facts	
Serving Size 1 Can	
Amount per serving	
Calories 140	
% Daily Value	
Total Fat 0 g	0%
Sodium 45mg	2%
Total Carb 39g	13%
Sugars 39g	
Protein 0g	

Ingredients:

Carbonated water,
high fructose corn syrup,
caramel color,
phosphoric acid,
natural flavors,
caffeine



SPORTS DRINKS ARE THE NEXT LEAST HEALTHY



Limit how often you
drink Sports Drinks

**Drink only
Occasionally**

WHY?

They contain a lot of

Sugar

Artificial Ingredients

Dyes

What should come next?



G Series Perform 02

12 oz bottle

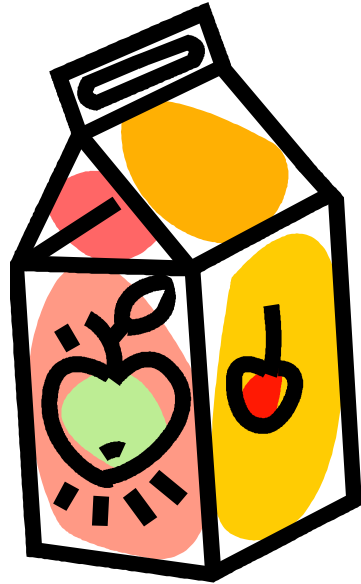
Nutrition Facts		
Serving Size 1 Bottle		
Amount per serving		
Calories	80	
% Daily Value		
Total Fat	0 g	0%
Sodium	160mg	7%
Potassium	45mg	1%
Total Carb	21g	7%
Sugars	21g	
Protein	0g	

Ingredients:

Water,
Sucrose,
Dextrose,
Citric acid,
Natural flavors,
Salt,
Sodium citrate,
Monopotassium phosphate,
Gum arabic
Yellow 6,
Glycerol ester of rosin,
Brominated vegetable oil



100% JUICE IS OUR BRONZE MEDAL WINNER



**Drink no more
than 1 cup a day**

**100% Juice contains
Vitamins and Minerals**

**But it also contains
A lot of sugar**

**Make sure you read the ingredient
lists. Some punches and juices are
not 100% juice.**

What comes next?



100% Juice Mott's Apple 4oz box

Nutrition Facts

Serving Size 1 Container

Amount per serving

Calories 60

% Daily Value

Total Fat 0 g 0%

Sodium 5mg 0%

Total Carb 15g 5%

Sugars 15g

Protein 0g

Vitamin C 20%

Calcium 2%

Iron 2%

Ingredients:

Water,
Apple juice concentrate,
Ascorbic acid (Vitamin C)



LOW FAT OR SKIM MILK, OUR SILVER MEDAL WINNER!



**Growing kids need
3 servings
of dairy or calcium
rich foods a day**

Low-Fat or Skim Milk contains

**Calcium and Vitamin D
Helps build strong bones and teeth**

**Chocolate Milk contains
Calcium and Vitamin D
but also a lot of sugar**

**So Chocolate Milk should be
consumed in moderation**



Milk, 8oz

Nutrition Facts - Chocolate Serving Size 1 Cup

Amount per serving		
Calories	160	
% Daily Value		
Total Fat	2.5 g	4%
Sodium	204mg	10%
Total Carb	26g	9%
Sugars	25g	
Protein	8g	8%
Vitamin A		10%
Vitamin C		2%
Calcium		30%
Vitamin D		25%

Nutrition Facts - Plain Serving Size 1 Cup

Amount per serving		
Calories	80	
% Daily Value		
Total Fat	0 g	0%
Sodium	120mg	5%
Total Carb	11g	4%
Sugars	11g	
Protein	8g	16%
Vitamin A		10%
Vitamin C		2%
Calcium		30%
Vitamin D		25%

Low Fat Chocolate Milk:

Lowfat Milk
High Fructose Corn Syrup
Corn Starch
Cocoa
Alkalized Cocoa
Salt
Carrageenan
Artificial Flavor
Vitamin A
Palmitate
Vitamin D3

Fat Free White Milk:

Fat Free (Skim) Milk
Vitamin A
Palmitate
Vitamin D3



THE FIRST PLACE GOES TO WATER, THE CLEAR WINNER!



Water gives you long lasting energy

Water has no

**Sugar, Dyes, or
Artificial Ingredients**

It's available most places

It's usually FREE!

**Remember to stay
Hydrated**

**Turn to our Gold
Medalist!**