



# WHY DO WE NEED TO DRINK?

So we don't get dehydrated!



Wonderful  
Water



Swift  
Soda



Marvelous  
Milk



Speedy  
Sports  
Drink



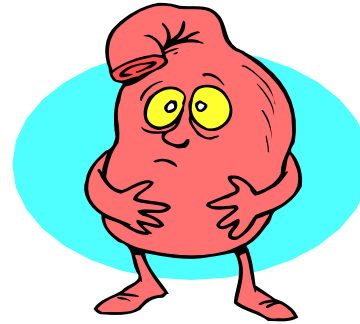
Jumping  
Juice



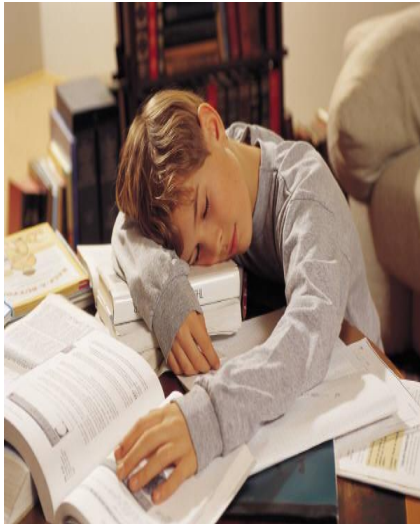
# IF YOU ARE DEHYDRATED YOU MAY



**Get Headaches**



**Feel Hungry**  
**Have an Upset  
Stomach**



**Get  
Crabby**



**Be Tired & Unable to Concentrate**



# WHO WILL WIN THE RACE?

Wonderful  
Water



Swift  
Soda



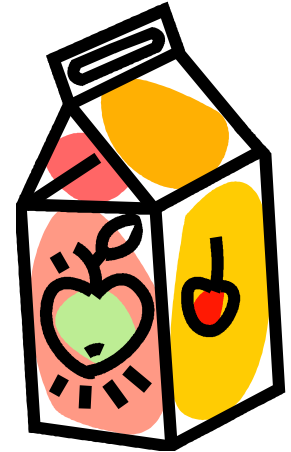
Marvelous  
Milk



Speedy  
Sports  
Drink



Jumping  
Juice



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**START**

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# READY, SET, GO!!!



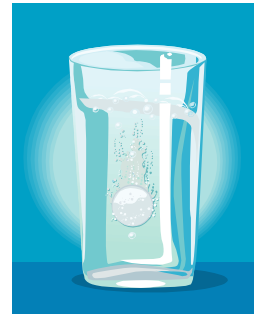
START



*Look at that quick burst of energy! Must be the sugar.*



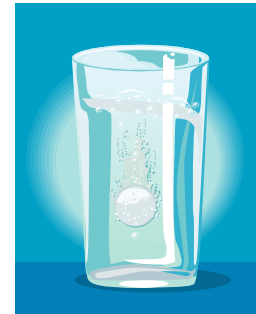
# SODA IS RUNNING OUT OF ENERGY!



*Water is coming on strong!*



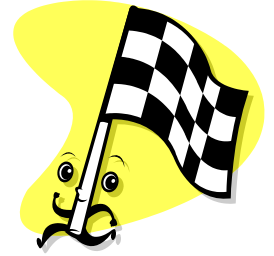
# LOOK AT WATER GO! MILK IS COMING ON STRONG!



*Sports Drink is running out of energy and his coloring doesn't look good.  
He's full of dyes and artificial ingredients.*



# WATER IS THE CLEAR WINNER! MILK IS A STRONG SECOND



FINISH

*Soda is really struggling! He's just crawling along.  
Sports Drink just couldn't keep up.*



# OUR WINNERS!



Low Fat or Skim Milk  
Good source of  
calcium & protein  
Helps build strong  
bones & muscles



Water gives  
long lasting energy  
with no sugar, dyes,  
or artificial ingredients



100% Juice gives  
vitamins and minerals,  
but is full of sugar.  
Limit to one glass a day!





# STAY HYDRATED CHOOSE WATER



Soda and Sports Drinks are full of sugar.  
They slow your body down.

They should only be consumed  
occasionally, if at all.