



What to choose?

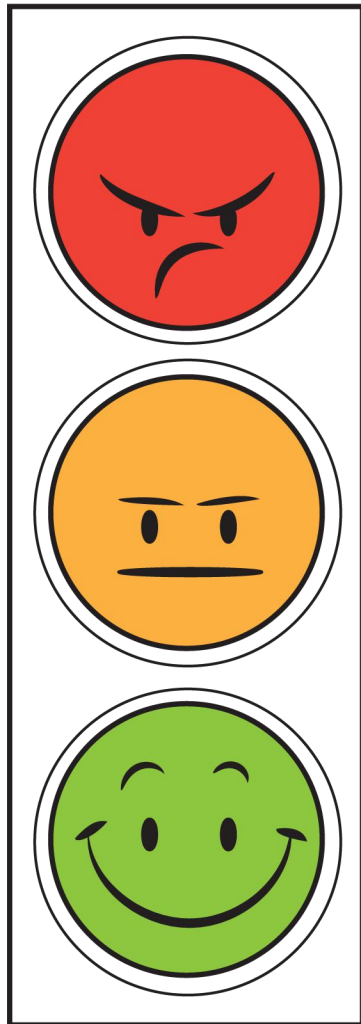
Buck is very thirsty after his soccer game. Can you help him select the best choices to satisfy his thirst?

HINT:

Drinks loaded with added sugar are not healthy choices and should be avoided! Draw a line connecting those drinks to the **RED LIGHT**.

Drinks with some added sugars and sweeteners should only be chosen occasionally. Draw a line connecting those drinks to the **YELLOW LIGHT**.

The healthiest beverages have no added sugar or artificial sweeteners. Draw a line from the healthiest drinks to the **GREEN LIGHT**.



Tap Water



Low-calorie sports drink



Unsweetened soy 'milk'



Milk



Regular soda



Fruit punch



Sweetened coffee drink



Sports drink



Energy drink



Fruit smoothie



Lemonade



Flavored milk

BONUS! Can you guess how many teaspoons of added sugar are in a 12 oz. serving of each of these drinks?

- TAP WATER _____
- MILK _____
- UNSWEETENED SOY 'MILK' _____
- LOW-CALORIE SPORTS DRINK _____

- FLAVORED MILK _____
- FRUIT SMOOTHIE _____
- REGULAR SODA _____
- ENERGY DRINK _____
- SPORTS DRINK _____

- SWEETENED COFFEE DRINK _____
- SWEETENED ICE TEA _____
- FRUIT PUNCH _____
- LEMONADE _____

ANSWERS: Tap Water, 0; Milk, 0; Unsweetened soy 'milk', 0; Low-calorie sports drink, 1.5; Flavored low fat or skim milk, 4; Fruit smoothie, 11; Regular soda, 10; Energy drink, 12; Sports drink, 7; Sweetened coffee drink, 14; Sweetened ice tea, 8; Fruit punch, 11; Lemonade, 10