

## **5-2-1-0 Numbers to live by!**

### **What is a Sugar-Sweetened Beverage?**

Sugar-sweetened beverages include all beverages that contain added caloric sweeteners. Examples include: sodas, fruit drinks and “juices”, sport drinks, energy drinks, flavored milk, sweetened tea and coffee, rice drinks/horchata and sugar cane beverages.

To have a better idea of how much sugar is in a beverage divide the grams of sugar by 4, this will tell how many teaspoons of sugar are in the beverage.

### **Water is fuel for your body:**

- Water is the most important nutrient for active people.
- Between 70-80% of a child’s body is made up of water.
- When you exercise, you sweat, and when you sweat you LOSE water and minerals – it is important to replace the water you lose when you sweat.

Soda has no nutritional value and is high in sugar. Just nine ounces of soda has 110-150 empty calories.

Many sodas also contain caffeine, which kids don’t need.

Energy drinks are NOT sports drinks and should never replace water during exercise.

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- Water is the #1 thirst quencher!