

**Think
Your
Drink**



IS YOUR DRINK
THE SAME AS
CANDY?



Sugar Alert










This chart shows how many teaspoons of sugar are in 8 ounces of different drinks.



A lunch-sized milk carton is 8 ounces.

TOTAL SUGAR

ADDED SUGAR

	TOTAL SUGAR	ADDED SUGAR
WATER	0 tsp = 0 grams	0 tsp = 0 grams
MILK	 2 tsp = 8 grams	0 tsp = 0 grams
CHOCOLATE MILK	 6.5 tsp = 26 grams	 3.5 tsp = 14 grams
FRUIT DRINK	 4 tsp = 16 grams	 4 tsp = 16 grams
SPORTS DRINK	 5.25 tsp = 21 grams	 5.25 tsp = 21 grams
COLA	 6.5 tsp = 26 grams	 6.5 tsp = 26 grams

Milk contains natural sugar. It also contains calcium, protein, vitamin D, and other ingredients that your body needs.

Natural sugars are better for you than added sugars.



Water contains zero sugar and can help you stay focused by delivering oxygen and other nutrients to your brain and other parts of your body.



WHAT DRINK CHOICES ARE THE BEST FUEL FOR YOUR BODY AND BRAIN?

Think Your Drink

Print this tracker and fill in the water bottles with how much water you drink each day.



Name _____

My Daily Water Tracker



How much water do you drink? Fill in the water bottles with the ounces you drink each day. See the chart below to find your daily goal!



Hydration Goals

Age:	Ounces:
1 year	8 oz
2 years	16 oz
3 years	24 oz
4 years	32 oz
5 years	40 oz
6 years	48 oz
7 years	56 oz
8+ years	64 oz

Hydration Tips

- Add flavor to your water by adding fruit (fresh or frozen!)
- Invest in a reusable water bottle for drinks on the go
- Include a fun straw
- Drink a cup of water before every meal
- Try fun shaped ice cube trays

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