

Instructions:
For EACH day:

Circle how many
vegetables &
fruits you ate.

Instead of being
on the computer
or watching TV,
I: _____

Circle the number
of minutes you
were physically
active.

Try to limit soda &
sugar-sweetened
sports & fruit
drinks.

Track Your Everyday!

SUN	MON	TUES	WED	THURS	FRI	SAT																																										
<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
Cut your screen time to less than 2 hours . Fill in what you did instead!																																																
30	30	30	30	30	30	30																																										
60		60		60		60																																										
90	90	90	90	90		90																																										
																																																
# _____																																																
How many glasses of water or low-fat/skim milk did you drink today?																																																

Instructions:
For EACH day:

Circle how many
vegetables &
fruits you ate.

Instead of being
on the computer
or watching TV,
I: _____

Circle the number
of minutes you
were physically
active.

Try to limit soda &
sugar-sweetened
sports & fruit
drinks.

Track Your Everyday!

SUN	MON	TUES	WED	THURS	FRI	SAT																																										
<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
Cut your screen time to less than 2 hours . Fill in what you did instead!																																																
30	30	30	30	30	30	30																																										
60		60		60		60																																										
90	90	90	90	90		90																																										
																																																
# _____																																																
How many glasses of water or low-fat/skim milk did you drink today?																																																

Instructions:
For EACH day:

Circle how many
vegetables &
fruits you ate.

Instead of being
on the computer
or watching TV,
I: _____

Circle the number
of minutes you
were physically
active.

Try to limit soda &
sugar-sweetened
sports & fruit
drinks.

Track Your Everyday!

SUN	MON	TUES	WED	THURS	FRI	SAT																																										
<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
Cut your screen time to less than 2 hours . Fill in what you did instead!																																																
30	30	30	30	30	30	30																																										
60		60		60		60																																										
90	90	90	90	90		90																																										
																																																
# _____																																																
How many glasses of water or low-fat/skim milk did you drink today?																																																

Instructions:
For EACH day:

Circle how many
vegetables &
fruits you ate.

Instead of being
on the computer
or watching TV,
I: _____

Circle the number
of minutes you
were physically
active.

Try to limit soda &
sugar-sweetened
sports & fruit
drinks.

Track Your Everyday!

SUN	MON	TUES	WED	THURS	FRI	SAT																																										
<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+	<table border="1" style="width: 100%; text-align: center;"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> <tr><td>5</td><td>5+</td></tr> </table>	1	2	3	4	5	5+
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
1	2																																															
3	4																																															
5	5+																																															
Cut your screen time to less than 2 hours . Fill in what you did instead!																																																
30	30	30	30	30	30	30																																										
60		60		60		60																																										
90	90	90	90	90		90																																										
																																																
# _____																																																
How many glasses of water or low-fat/skim milk did you drink today?																																																



52 1 0 - EVERYDAY!



Try to eat five fruits or vegetables - Tips:

- Be prepared. Keep washed, ready-to-eat produce on hand so it's always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- Be a role model. Family members are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up. You may need to see or taste a food 7 - 10 times before you like it!

www.choosemyplate.gov

Cut screen time to two hours or less - Tips:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games.
- Do not watch TV during mealtimes. Instead, focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

Participate in at least one hour of moderate - vigorous physical activity - Tips:

- Every step counts! Take the stairs instead of the elevator or walk anywhere you can instead of riding in a car.
- Be active as a family. Make activities, such as walks and bike rides, part of your daily routine.
- Substitute physical activity for one hour of TV.
- Join a sport. Group sports are a great way to get moving and meet friends.

Try to limit soda and sugar-sweetened sports and fruit drinks - Tips:

- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on the soda. It has no nutritional value, adds calories to your diet, increases your chance of cavities.
- Water is the best choice! Not only is it the healthiest, but least expensive.



52 1 0 - EVERYDAY!



Try to eat five fruits or vegetables - Tips:

- Be prepared. Keep washed, ready-to-eat produce on hand so it's always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- Be a role model. Family members are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up. You may need to see or taste a food 7 - 10 times before you like it!

www.choosemyplate.gov

Cut screen time to two hours or less - Tips:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games.
- Do not watch TV during mealtimes. Instead, focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

Participate in at least one hour of moderate - vigorous physical activity - Tips:

- Every step counts! Take the stairs instead of the elevator or walk anywhere you can instead of riding in a car.
- Be active as a family. Make activities, such as walks and bike rides, part of your daily routine.
- Substitute physical activity for one hour of TV.
- Join a sport. Group sports are a great way to get moving and meet friends.

Try to limit soda and sugar-sweetened sports and fruit drinks - Tips:

- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on the soda. It has no nutritional value, adds calories to your diet, increases your chance of cavities.
- Water is the best choice! Not only is it the healthiest, but least expensive.



52 1 0 - EVERYDAY!



Try to eat five fruits or vegetables - Tips:

- Be prepared. Keep washed, ready-to-eat produce on hand so it's always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- Be a role model. Family members are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up. You may need to see or taste a food 7 - 10 times before you like it!

www.choosemyplate.gov

Cut screen time to two hours or less - Tips:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games.
- Do not watch TV during mealtimes. Instead, focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

Participate in at least one hour of moderate - vigorous physical activity - Tips:

- Every step counts! Take the stairs instead of the elevator or walk anywhere you can instead of riding in a car.
- Be active as a family. Make activities, such as walks and bike rides, part of your daily routine.
- Substitute physical activity for one hour of TV.
- Join a sport. Group sports are a great way to get moving and meet friends.

Try to limit soda and sugar-sweetened sports and fruit drinks - Tips:

- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on the soda. It has no nutritional value, adds calories to your diet, increases your chance of cavities.
- Water is the best choice! Not only is it the healthiest, but least expensive.



52 1 0 - EVERYDAY!



Try to eat five fruits or vegetables - Tips:

- Be prepared. Keep washed, ready-to-eat produce on hand so it's always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- Be a role model. Family members are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up. You may need to see or taste a food 7 - 10 times before you like it!

www.choosemyplate.gov

Cut screen time to two hours or less - Tips:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games.
- Do not watch TV during mealtimes. Instead, focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

Participate in at least one hour of moderate - vigorous physical activity - Tips:

- Every step counts! Take the stairs instead of the elevator or walk anywhere you can instead of riding in a car.
- Be active as a family. Make activities, such as walks and bike rides, part of your daily routine.
- Substitute physical activity for one hour of TV.
- Join a sport. Group sports are a great way to get moving and meet friends.

Try to limit soda and sugar-sweetened sports and fruit drinks - Tips:

- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on the soda. It has no nutritional value, adds calories to your diet, increases your chance of cavities.
- Water is the best choice! Not only is it the healthiest, but least expensive.

Instructions:
For EACH day:

Circle how many
vegetables &
fruits you ate.

Instead of being
on the computer
or watching TV,
I: _____

Circle the number
of minutes you
were physically
active.

Try to limit soda &
sugar-sweetened
sports & fruit
drinks.

Track Your Everyday!

SUN	MON	TUES	WED	THURS	FRI	SAT
 5+	 5+	 5+	 5+	 5+	 5+	 5+
Cut your screen time to less than 2 hours . Fill in what you did instead!						
30 60 90	30 60 90	30 60 90	30 60 90	30 60 90	30 60 90	30 60 90
# _____	# _____	# _____	# _____	# _____	# _____	# _____
How many glasses of water or low-fat/skim milk did you drink today?						

Instructions:
For EACH day:

Circle how many
vegetables &
fruits you ate.

Instead of being
on the computer
or watching TV,
I: _____

Circle the number
of minutes you
were physically
active.

Try to limit soda &
sugar-sweetened
sports & fruit
drinks.

Track Your Everyday!

SUN	MON	TUES	WED	THURS	FRI	SAT
 5+	 5+	 5+	 5+	 5+	 5+	 5+
Cut your screen time to less than 2 hours . Fill in what you did instead!						
30 60 90	30 60 90	30 60 90	30 60 90	30 60 90	30 60 90	30 60 90
# _____	# _____	# _____	# _____	# _____	# _____	# _____
How many glasses of water or low-fat/skim milk did you drink today?						

Instructions:
For EACH day:

Circle how many
vegetables &
fruits you ate.

Instead of being
on the computer
or watching TV,
I: _____

Circle the number
of minutes you
were physically
active.

Try to limit soda &
sugar-sweetened
sports & fruit
drinks.

Track Your Everyday!

SUN	MON	TUES	WED	THURS	FRI	SAT
 5+	 5+	 5+	 5+	 5+	 5+	 5+
Cut your screen time to less than 2 hours . Fill in what you did instead!						
30 60 90	30 60 90	30 60 90	30 60 90	30 60 90	30 60 90	30 60 90
# _____	# _____	# _____	# _____	# _____	# _____	# _____
How many glasses of water or low-fat/skim milk did you drink today?						

Instructions:
For EACH day:

Circle how many
vegetables &
fruits you ate.

Instead of being
on the computer
or watching TV,
I: _____

Circle the number
of minutes you
were physically
active.

Try to limit soda &
sugar-sweetened
sports & fruit
drinks.

Track Your Everyday!

SUN	MON	TUES	WED	THURS	FRI	SAT
 5+	 5+	 5+	 5+	 5+	 5+	 5+
Cut your screen time to less than 2 hours . Fill in what you did instead!						
30 60 90	30 60 90	30 60 90	30 60 90	30 60 90	30 60 90	30 60 90
# _____	# _____	# _____	# _____	# _____	# _____	# _____
How many glasses of water or low-fat/skim milk did you drink today?						



52 1 0 - EVERYDAY!



Try to eat five fruits or vegetables - Tips:

- Be prepared. Keep washed, ready-to-eat produce on hand so it's always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- Be a role model. Family members are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up. You may need to see or taste a food 7 - 10 times before you like it!

www.choosemyplate.gov

Cut screen time to two hours or less - Tips:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games.
- Do not watch TV during mealtimes. Instead, focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

Participate in at least one hour of moderate - vigorous physical activity - Tips:

- Every step counts! Take the stairs instead of the elevator or walk anywhere you can instead of riding in a car.
- Be active as a family. Make activities, such as walks and bike rides, part of your daily routine.
- Substitute physical activity for one hour of TV.
- Join a sport. Group sports are a great way to get moving and meet friends.

Try to limit soda and sugar-sweetened sports and fruit drinks - Tips:

- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on the soda. It has no nutritional value, adds calories to your diet, increases your chance of cavities.
- Water is the best choice! Not only is it the healthiest, but least expensive.



52 1 0 - EVERYDAY!



Try to eat five fruits or vegetables - Tips:

- Be prepared. Keep washed, ready-to-eat produce on hand so it's always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- Be a role model. Family members are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up. You may need to see or taste a food 7 - 10 times before you like it!

www.choosemyplate.gov

Cut screen time to two hours or less - Tips:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games.
- Do not watch TV during mealtimes. Instead, focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

Participate in at least one hour of moderate - vigorous physical activity - Tips:

- Every step counts! Take the stairs instead of the elevator or walk anywhere you can instead of riding in a car.
- Be active as a family. Make activities, such as walks and bike rides, part of your daily routine.
- Substitute physical activity for one hour of TV.
- Join a sport. Group sports are a great way to get moving and meet friends.

Try to limit soda and sugar-sweetened sports and fruit drinks - Tips:

- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on the soda. It has no nutritional value, adds calories to your diet, increases your chance of cavities.
- Water is the best choice! Not only is it the healthiest, but least expensive.



52 1 0 - EVERYDAY!



Try to eat five fruits or vegetables - Tips:

- Be prepared. Keep washed, ready-to-eat produce on hand so it's always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- Be a role model. Family members are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up. You may need to see or taste a food 7 - 10 times before you like it!

www.choosemyplate.gov

Cut screen time to two hours or less - Tips:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games.
- Do not watch TV during mealtimes. Instead, focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

Participate in at least one hour of moderate - vigorous physical activity - Tips:

- Every step counts! Take the stairs instead of the elevator or walk anywhere you can instead of riding in a car.
- Be active as a family. Make activities, such as walks and bike rides, part of your daily routine.
- Substitute physical activity for one hour of TV.
- Join a sport. Group sports are a great way to get moving and meet friends.

Try to limit soda and sugar-sweetened sports and fruit drinks - Tips:

- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on the soda. It has no nutritional value, adds calories to your diet, increases your chance of cavities.
- Water is the best choice! Not only is it the healthiest, but least expensive.



52 1 0 - EVERYDAY!



Try to eat five fruits or vegetables - Tips:

- Be prepared. Keep washed, ready-to-eat produce on hand so it's always available.
- Be creative. Add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- Be a role model. Family members are more likely to eat fruits and vegetables if they see you eating them.
- Don't give up. You may need to see or taste a food 7 - 10 times before you like it!

www.choosemyplate.gov

Cut screen time to two hours or less - Tips:

- Turn off the TV and computer. Substitute physical activity for one hour of TV viewing each day.
- Try something new. Pick a new activity that you can do once a week instead of watching TV or playing video games.
- Do not watch TV during mealtimes. Instead, focus on eating together as a family.
- Keep TV's out of each bedroom in your house.

Participate in at least one hour of moderate - vigorous physical activity - Tips:

- Every step counts! Take the stairs instead of the elevator or walk anywhere you can instead of riding in a car.
- Be active as a family. Make activities, such as walks and bike rides, part of your daily routine.
- Substitute physical activity for one hour of TV.
- Join a sport. Group sports are a great way to get moving and meet friends.

Try to limit soda and sugar-sweetened sports and fruit drinks - Tips:

- Mix half water and half juice. This way you can enjoy the flavor with only half of the sugar.
- Pass on the soda. It has no nutritional value, adds calories to your diet, increases your chance of cavities.
- Water is the best choice! Not only is it the healthiest, but least expensive.