

Sugar Sheriffs



When you get thirsty, what do you grab to drink? Soda? Milk? Water? Juice Box? Orange juice? Some things make great thirst quenchers and other drinks don't! Let's look at some facts and then you can make an educated choice on what you want to drink.

Many beverages contain **ADDED** sugar that you won't know about unless you read the label. When you look at the labels for soda, iced tea, sports drinks or fruit drinks, you will notice that there is added sugar. Sugar on the label may be called corn syrup, high-fructose corn syrup, sucrose or glucose. These are all other names for sugar. Too much sugar can lead to weight gain and contribute to cavities in your teeth.

What's in a soda?

What's in a soda? Not much that is good for you! Soda has no nutrients! A small 12 ounce can has 150 calories. Soda is made of sugar, chemicals, artificial flavoring and coloring. Soda doesn't help you grow a healthy body. Soda and other sugary drinks can cause weight gain by providing calories with no nutritional value.



Water and You

Every living thing needs water, especially you. Two-thirds of your body weight is water. **That's a lot of H₂O!** Like a car cannot run without gas, your body cannot work without water. Water forms part of the fluids around your joints and helps your knees and elbows bend. So, whether you are working hard or playing hard, make sure you are getting enough water to drink everyday. Remember, when you start to feel thirsty that means your body is already low on water. Drink up!



Water Trivia Facts

- Human brains are 75% water.
- Human bones are 25% water.
- Human blood is 83% water.
- 75% of a chicken is water.
- 80% of a pineapple is water.
- 95% of a tomato is water.
- An acre of corn will give off 4,000 gallons of water per day in evaporation.
- The overall amount of water on our planet has remained the same for two billion years.

Joke

Why did the health-conscious skeleton drink milk?



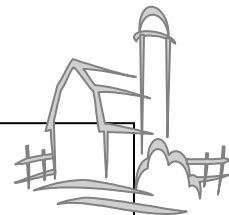
Joke Answer

He'd heard it's good for the bones.

Farm Facts

Try drinking milk since it is a good source of calcium. We need calcium for growth, energy and strong bones and teeth. Low fat or skim milk provides the same amount of nutrients without all of the calories.

- Skim milk = 90 calories per cup
- 2% milk = 120 calories per cup
- Whole milk = 150 calories per cup



www.maefonline.com



www.aglab.pfb.com



Dairy-Delicious!

Milk is another healthy alternative to soda and other sugary beverages. Milk provides protein and calcium. For strong bones and teeth, make sure you drink at least three servings a day. **Low fat** chocolate and strawberry milk are healthy choices, too!

The Real Thing

Another healthy drink would be real fruit juice - **not** fruit drinks with added sugar. Real fruit juice will be marked 100% fruit juice. You do have to watch how much real fruit juice you drink because of the calories in each glassful - they can add up quickly!



What Do You Remember?

So what should you do when you are thirsty? Real drink labels. Drink all the water you want! Drink low fat milk to keep your bones and teeth healthy. Drink real fruit juice in limited quantities. And most of all stay away from those **added** sugar beverages!!!

1. What is the author's purpose in writing this article?
a. to inform b. to persuade c. to entertain

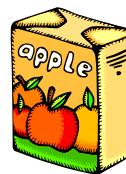
Why do you think this?

2. Which type of drink should you avoid?
a. milk b. soda c. water d. 100% fruit juice
3. Which drinks are the BEST choices when you are thirsty?
a. soda b. water c. milk d. real fruit juice
4. Which drink contains calcium that builds strong bones and teeth?
a. soda b. water c. milk



5. Why is it important to read nutrition labels?

6. What did you learn from reading this article that will help you make wiser drink choices?



How Much Sugar is in Your Drink?

1. **Look** at the Nutrition Facts Label to find the number of grams of sugar per serving.
2. **Divide** the total grams of sugar by 4.
(4 grams = 1 teaspoon of sugar)

Example: $54/4 = 13.5$ or about 14 teaspoons of sugar

3. Check to make sure that the container is only one serving. If it is more than one serving, then you have to multiple the number of teaspoons in one serving by the number of servings to get the sugar content for the container!



How Much of You is Water?



Life is not possible without water. Water is in every living thing. Our body is nearly 65 % water. Water is in every cell and between every cell. Our blood, sweat and tears are mostly made up of water. An ear of corn is nearly 70 % water, a potato about 80 %, and a tomato about 95 %. We could live for weeks without food but only for about 3-7 days without water.

Compute This!!!

Weigh yourself. Divide that number by 3. Multiply that number by 2. The answer is the number of pounds of water in your body. Two-thirds of your body weight is water. Divide the pounds of water in your body by 8 and you will get the number of gallons of water in your body.

Try This !!!

We need water because our bodies lose water all of the time. Our bodies lose water when we sweat, cry or go to the bathroom. You even lose water from your skin as you stand here.

Wrap one hand with plastic wrap and tie around wrist with tape. Wait 10 minutes. Check plastic wrap. See the moisture! Your skin is giving off water (perspiring) and the plastic wrap traps it.