



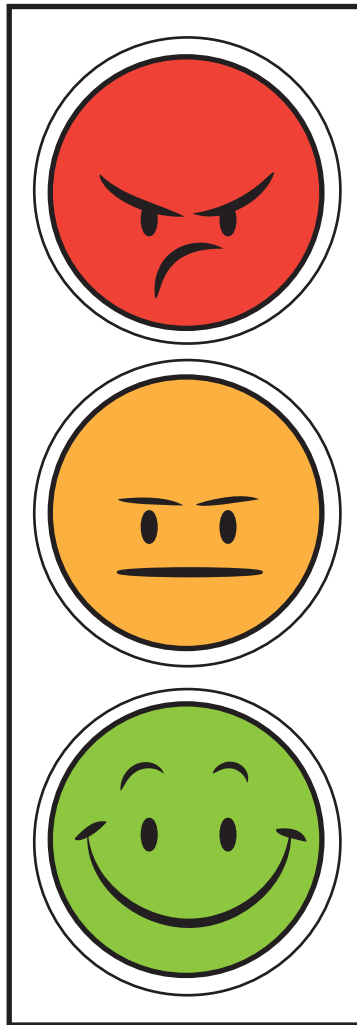
# What to choose?

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