

THINK YOUR DRINK

Why Water?

- Drinking water regularly keeps you healthy and properly hydrated. Water helps to maintain important functions of the body such as temperature regulation.
- A lack of water can trigger fatigue and slow down your metabolism – you'll feel sluggish and low on energy.
- A 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math and difficulty focusing on a computer screen or a printed page.



SUGAR SHOCKERS

DRINK WATER INSTEAD OF SUGARY DRINKS



Bottled Water
0 grams sugar



Capri Sun Pacific Cooler
18 grams sugar



Red Bull
27 grams sugar



Vitamin Water Kiwi Strawberry
32 grams sugar



Sunkist
32 grams sugar



Gatorade Cool Blue
34 grams sugar



Snapple Mango Madness
44 grams sugar



Arizona Lemon Ice Tea
51 grams sugar



Rockstar
62 grams sugar



Sobe Mango Melon
64 grams sugar



Coke
65 grams sugar



Minute Maid Lemonade
67 grams sugar



McDonald's Sweet Tea
69 grams sugar



Big Gulp
71 grams sugar



Mountain Dew
77 grams sugar



Sonic Route 44 Cherry Limeade
120 grams sugar

10 Ways to Drink Water

1. Top with lemon
2. Brew a cup of herbal tea
3. Add pineapple
4. Float some blueberries
5. Squeeze in some orange juice
6. Carbonated
7. Splash in cranberry juice
8. Drink it pure!
9. Add calorie-free raspberry syrup to crushed ice
10. Drop in fresh cucumber slices



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