

Family Tip Sheet 2:

More GO Beverages, Please

Even though beverages aren't solid foods, they still contain ingredients . . . and it's best to drink the beverages with healthier ingredients more often.

To stay healthy and in good shape . . .

. . . drink these GO beverages more often:



- **Milk--non-fat or 1% plain (unflavored):** Contains little or no fat. The sugars are natural, not added. The calcium in milk helps bones and teeth stay strong and healthy. And milk is a good source of protein. (**Note:** Calcium-fortified, unsweetened soy milk is also a GO beverage.)
- **Water:** Contains no calories, fat, or sugar. And it gets rid of toxins in your body.

. . . and drink no more than one small glass of 100% fruit juice every day.

. . . and drink these sugary WHOA beverages only once in a while:

- **sports drinks**
- **energy drinks**
- **soft drinks/sodas**
- **sweetened tea and coffee drinks**
- **fruit-flavored drinks** (contain no real fruit juice)
- **fruit juice drinks** (contain only a tiny amount of fruit juice)



Sugary WHOA beverages provide almost no healthy nutrients—yet they contain lots of calories that can make you gain weight. Some of them contain caffeine, which can disturb kids' sleep and cause anxiety and headaches. And most of them contain added sugars that can cause cavities and possibly lead to diabetes.

GREAT IDEAS

- Drink sugary WHOA beverages only on special occasions.
- Drink more water. Try flavoring it with a squirt of lemon or lime.
- Limit 100% fruit juices to no more than one small glass every day.
- Dilute 100% fruit juice and sugary WHOA beverages with water.
- Buy flavored milk only once in a while.
- Check the Nutrition Facts for the number of servings in the container. Many companies make the serving size small so the beverage won't seem so unhealthy. Find out the number of calories and grams of sugar in the amount you're planning to drink.



The Nutrition Facts on a beverage container tell you the amount of sugar in the beverage. Look at the following amounts of sugar in 1 cup of 1% milk and a can of a soft drink. To *really* see the difference, measure out each amount of sugar onto two different parts of a plate.

Low-fat Plain Milk
[NOTE: 11 g = about 3 teaspoons]

Nutrition Facts	
1 servings per container	
Serving size	1 cup (240ml)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	7%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Cola Soft Drink
[NOTE: 39 g = about 10 teaspoons]

Nutrition Facts	
1 servings per container	
Serving size	1 can (355ml)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 0g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 38mg	2%
Total Carbohydrate 39g	10%
Dietary Fiber 0g	0%
Total Sugars 39g	
Includes 39g Added Sugars	78%
Protein 0g	
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Make a chart of the beverages your family typically drinks. Then set goals to drink fewer sugary WHOA beverages and to drink more GO beverages.

DIRECTIONS: (1) Each person chooses a number 1 through 4. (2) Everyone fills in the column with their number to show how many of each kind of beverage they drink *in an average week*. (3) Everyone totals the GO and WHOA beverages.

Family Members	1	2	3	4
GO Beverages				
Water				
Non-fat or 1% plain milk				
Total number of GO Beverages				
WHOA Beverages				
Soft drinks/sodas				
Sports drinks				
Fruit juice drinks				
Fruit-flavored drinks				
Energy drinks				
Sweetened tea or coffee drinks				
Total number of WHOA Beverages				