

**THINK YOUR DRINK**

Does this beverage contain nutrients, like calcium?  
*(Kids need 1,000-1,300 mg of calcium each day)*

YES NO

Does this beverage contain caffeine? YES NO  
*(Kids should avoid caffeine)*

Does this beverage say “energy”? YES NO  
*(“Energy” drinks do not give us real energy)*

How much sugar does this beverage contain?  
\_\_\_\_\_ grams = \_\_\_\_\_ teaspoons  
*(Grams of sugar divided by 4= teaspoons of sugar. Kids should limit sugar to about 5 teaspoons each day)*

Do you think this drink is a good choice for you?

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