



Nutrition Challenge: Week 7, Day 13

Substitute all of the sodas and juices you drink in a day with water.

How hard is it to give up soda and juice?



- Soft drinks have a huge amount of calories, but they don't make a child feel full. Children may even eat more when they drink sweetened beverages. When the body takes in sugar so quickly, insulin spikes and then drops suddenly – leaving you feeling hungry.
- Juice is only minimally better than soda. Part of the problem is that the calories in juice are so concentrated. Just half a cup (4 ounces) of apple juice has 60 calories, the same as a whole apple, but without the fiber that makes fruit filling.

I MET MY NUTRITION GOAL FOR WEEK 7!

Student Signature _____ Parent Signature _____

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