

REthink YOUR Drink

My Promise To Rethink My Drink:

I promise to be a role model by limiting my sweetened drinks such as:

I promise to keep my family healthy by not buying or serving sweetened drinks, such as:

I promise to:

Signature

Date

Spa Water Recipe



Fill a pitcher with cool water. Add ½ cup thinly sliced cucumber and ½ cup fresh mint leaves. Chill in refrigerator. Enjoy!

Try different combinations of flavors:

Thin slices: lemon, lime, orange, grapefruit, cucumber, apple, berries, melon, pineapple, fresh ginger

Fresh whole leaves or sprigs: mint, basil, rosemary, parsley

Nutrition Facts

Serving Size 1 can (12 fl. oz.)
Servings Per Container 1

Amount Per Serving		% Daily Value*	
Calories 140	Calories from Fat 0		
		Total Fat 0g	
		Saturated Fat 0g	
		Trans Fat 0g	
		Cholesterol 0mg	
		Sodium 50mg	
		Total Carbohydrate 39g	
		Dietary Fiber 0g	
		Sugars 40g	
		Protein 0g	
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 0%		

How much sugar is in your drink?

grams (g) of sugar ÷ 4 =
teaspoons of sugar

Example:

40 g ÷ 4 = 10 teaspoons
of sugar

Check the number of servings per container!

Tips for drinking more water:

- Add lemon or lime to your water
- Try the spa water recipe above
- Cold water may taste better
- Have a glass of water at the table for every meal
- Have a glass of water near you when you are working
- Drink water when you feel like snacking
- Drink water when you eat out – it's free!
- Go green and save money – take a refillable bottle of water with you



How much sugar is in your drink?

grams of sugar (g) ÷ 4 = teaspoons of sugar

$$40 \div 4 = 10$$

GRAMS

TEASPOONS

More than 1 serving per container?

Multiply: teaspoons of sugar per serving X number of servings = teaspoons of sugar per container
(Example: 2 servings per container: 10 teaspoons X 2 servings = 20 teaspoons per container)

Nutrition Facts

Serving Size 1 can (12 fl. oz.)
Servings Per Container 1

Amount Per Serving

Calories 140

% Daily Value *

Total Fat 0g 0%

Cholesterol 0mg 0%

Sodium 50mg 0%

Total Carbohydrate 40g

Sugars 40g

Protein 0g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 0%

