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## FACT CARD

Did you know?

The average California teen consumes the equivalent of 39 pounds of sugar each year from **sugar-sweetened beverages**.

## DEFINITION CARD

**Sugar-sweetened beverages** are drinks that are sweetened with added sugars. Added sugars are found in many processed foods, like sweets and soft drinks. Added sugars can contribute excess calories to your diet, which may result in weight gain.

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## FACT CARD

Did you know?

Drinking lots of sugar-sweetened beverages in place of milk can decrease your **calcium** intake.

## DEFINITION CARD

**Calcium** is a mineral that works with vitamin D and another mineral called phosphorous to build strong bones and teeth. Sources of calcium include: almonds, calcium fortified orange juice, tofu, dark green leafy vegetables, dried beans, lowfat dairy foods, and cactus leaves (nopales).

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## **FACT CARD**

Did you know?

Decreasing the amount of added sugar consumed from food and drink can help prevent **tooth decay**.

## **DEFINITION CARD**

**Tooth decay** results when plaque (or bacteria) on your teeth and gums constantly interact with the sugars in the foods and drinks you consume. This is why it is important to brush and floss your teeth daily.

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## **FACT CARD**

Did you know?

Water is an essential **nutrient** that the body needs to live. Water contains no calories. Some fruits and vegetables contain large amounts of water (such as lettuce and watermelon).

## **DEFINITION CARD**

**Nutrients** are necessary for life. They are found in food and used for energy, growth, body functions, and repair. These are carbohydrates, proteins, fats, water, vitamins, and minerals.

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## **FACT CARD**

Did you know?

Physically active people need **liquids** to replace fluid losses from sweating. For most people, water is the best choice to quench thirst and to replace lost fluids.

## **DEFINITION CARD**

**Liquids** and water are in beverages and foods. Thirst and normal drinking behavior, especially drinking liquids with meals, are usually adequate to meet the body's needs. People need to drink more when it is hot and during vigorous physical activity.

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## **FACT CARD**

Did you know?

Excessive intake of calories, like those from **added sugar**, can lead to weight gain—which can increase your risk for certain chronic diseases such as type 2 diabetes, certain cancers, and heart disease.

## **DEFINITION CARD**

**Added sugar** means that sugar is added to the food or drink during processing, preparation, or at the table. Added sugar supplies calories but few or no essential nutrients and no dietary fiber. Examples of added sugar include: high fructose corn syrup, white sugar, honey, and molasses.

6



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## FACT CARD

Did you know?

**Nutrient-dense beverages** aren't created equal; drink a variety of healthy beverages. Milk contains calcium, vitamin D, and protein as its main nutrients; whereas 100% orange juice primarily contains vitamin C, potassium, and folate.

## DEFINITION CARD

### **Nutrient-dense beverages**

provide high amounts of vitamins and minerals for the serving size and calories contained per serving.

Good source: A food or drink having 10 percent or more of a daily value for a vitamin or mineral.

Excellent source: A food or drink having 20 percent or more of a daily value for a vitamin or mineral.

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## FACT CARD

Did you know?

The *Dietary Guidelines for Americans, 2015*, recommend drinking **water** instead of sugar-sweetened drinks, as well as making half your plate fruits and vegetables.

## DEFINITION CARD

**Water** is vital to the body and helps control its temperature. Water helps the body use nutrients found in food, carries oxygen from the air to the rest of the body, prevents constipation, and keeps the eyes, nose, and mouth moist. The water found in fruits and vegetables helps people reach the total amount of fluids they need to drink each day.

8

