

Choosing Healthy Drinks for Your Teeth

Part of being healthy is making sure your teeth are healthy. One way you can do this is to limit your sugar intake. You can do this by making healthy choices in terms of food and drink. Choose two drinks to research their nutrition facts. You will then compare those two drinks to the provided nutrition facts for water and 1% milk.

After looking at all four drinks, write about which drink you think is the most and least healthy choice. Be sure to explain why using information from the nutritional facts.

1. Which drink has the most sugar? _____

2. Which drink has the least sugar? _____

3. Which drink has the largest variety of nutrients?
(vitamins, minerals, protein) _____

4. The most healthy drink is _____.

This is because _____

5. The least healthy drink is _____.

This is because _____



Don't forget! If you do have a sugary drink, it is best to brush your teeth afterward to wash away the sugar.

Cola - Nutrition Facts
8 servings per container
Serving size **1 Cup (240ml)**

Amount per serving

Calories **X**

% Daily Value

Total Fat _____ %

Saturated Fat _____ %

Trans Fat _____

Cholesterol _____