

# Healthy Drinks!

Lift-Off! knows soda and flavored drinks can be tasty, but they are also full of sugar and other unhealthy things. It's okay to enjoy a soda or flavored drink now and then, but it's not a good idea to drink them on a regular basis. Instead, enjoy 100% fruit juice, low-fat or skim milk, or that all-time favorite...water!

On the lines below, write down some of your favorite drinks and when you drink them. Do you drink a lot of soda and flavored drinks?

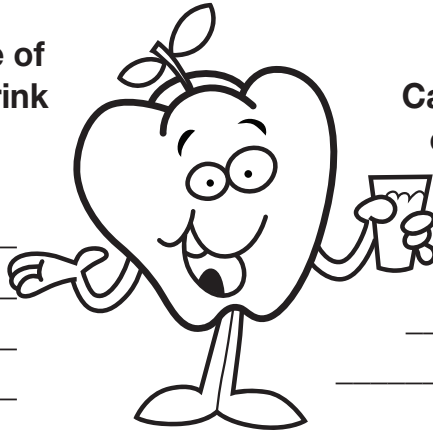
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Can you think of any other healthy drinks you could have? If so, write them on the lines below.

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Now think about when you have unhealthy drinks. What could you drink instead that would be healthier and get rid of your thirst at the same time? Use the lines below to write down some ideas.

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When you replace your unhealthy drinks with healthy ones, you will find you have more energy and feel better! Plus, you'll quench your thirst just the same, if not better than you could with sodas and artificially-flavored drinks!

Now it's time to put your ideas into action! Try replacing your sodas and flavored drinks with more nutritious choices! To help you out, here is a list of some healthy drinks to try:

Water  
Sugar-Free Flavored Water  
Low-Fat or Skim Milk  
Apple Juice

Orange Juice  
Grape Juice  
Fruit Punch  
(with 100% real fruit juice)

