



Stop and think before you drink

Stop and think before you drink sugary beverages — drink water instead

Match them up

Identify each fact with either sugary beverages or water by placing an **X** in the sugary drink column or a **✓** in the water column.

Sugary Drink	Fact	Water
	Best thirst quencher	
	Cannot live without it	
	Causes cavities	
	Causes weight gain	
	Contains high-glycemic carbs	
	Has no color, smell, or taste	
	Has too many calories	
	Known as H ₂ O	
	Needed to digest food	
	Triggers a blood sugar crash	