



# Flying Pig Kids Marathon



## Nutrition Challenge

# Drink less soda!

### Did you know?

One 12 ounce can of sweetened soda pop has 10 teaspoons of added sugar? And a 20 ounce bottle from a vending machine has 17 teaspoons or more! YIPES! That much sugar can do some serious damage to teeth, promoting cavities, and add lots and lots of unhealthy calories. Even sugar free soda takes up space in your tummy that should be reserved for healthy foods & beverages that will keep you energized.



### Rethink your drink!

- Keep thirst away by drinking water more often.
- Ask for low-fat plain or chocolate milk at meals.
- Say "no thanks" to refills of soda.
- Carry small 100% juice boxes for a snack afterschool or practice.



### Remember these nutrition tips everyday:

- Eat breakfast!
- Drink water!
- Go for WHOLE grains!
- Vary your veggies!
- Focus on fruits!
- Get calcium-rich food!
- Eat lean protein!
- Drink less soda!

### Nutrition challenge:

Go on a soda-pop strike all day. Drink water and juice only. Give yourself and "X" on your Hog Log.

These tips are provided by  
The Nutrition Council of  
Greater Cincinnati  
[www.nutritioncouncil.org](http://www.nutritioncouncil.org)

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