

# The Super Crew® Drink Tracker

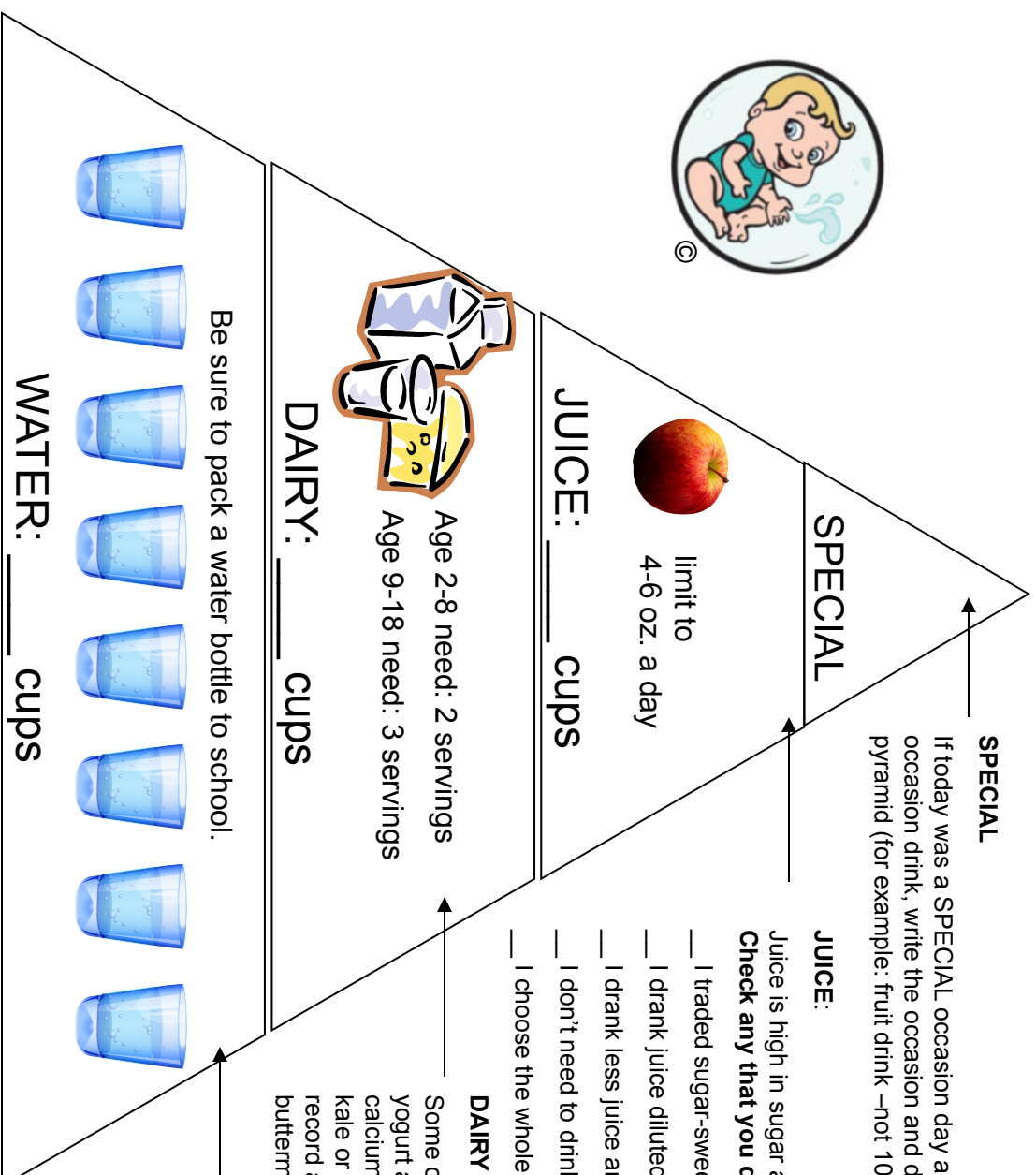
Directions: Record how many cups of water, dairy, and juice you drank today.



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## SPECIAL

If today was a SPECIAL occasion day and you had a special occasion drink, write the occasion and drink at the tip of the pyramid (for example: fruit drink –not 100% juice)

## SPECIAL

## JUICE:

Juice is high in sugar and low in fiber!  
**Check any that you did today:**

- I traded sugar-sweetened drinks for water.
- I drank juice diluted with water (half-half).
- I drank less juice and ate more whole fruits.
- I don't need to drink juice every day.
- I choose the whole fruit over the drink whenever possible.

## JUICE: \_\_\_\_\_ cups

Age 2-8 need: 2 servings

Age 9-18 need: 3 servings

## DAIRY: \_\_\_\_\_ cups

## DAIRY

Some of your dairy needs can be met by eating low-fat yogurt and cheese, in place of milk. You can also get calcium from fortified soy milk, orange juice, broccoli, kale or salmon with edible bones. In this pyramid, record amount of low-fat milk, low-fat kefir, or low-fat buttermilk you drank today.

Be sure to pack a water bottle to school.

## WATER: \_\_\_\_\_ cups

## WATER

Is the best drink for your body! Here are some of the ways water helps us:

- Moisturizes skin
- Helps make our saliva and tears
- Helps the digestive system work right

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