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.
- I drink juice diluted with water (half-half),
  and I choose the whole fruit over the drink whenever possible.
- I traded sugar-sweetened drinks for water.

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).

WATER: 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

Dairy: Some of your dairy needs can be met by eating low-fat milk, low-fat kefir, or low-fat yogurt. Some of your dairy needs can be met by eating low-fat broccoli, kale, or salmon with edible bones. In this pyramid, record amount of low-fat milk, low-fat kefir, or low-fat yogurt with edible bones. In this pyramid, record amount of low-fat milk, low-fat kefir, or low-fat yogurt. Some of your dairy needs can be met by eating low-fat broccoli, kale, or salmon with edible bones.

JUICE: Choose the whole fruit over the drink whenever possible.

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).

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

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