

Your Top Three

Name _____

Pretend that you just got back from gym class or recess, and you are thirsty. From the beverages in the following list, what do you want to drink?

- Water
- Gatorade
- Capri Sun Fruit Punch
- Can of Coca Cola
- Milk
- Chocolate milk
- Orange juice
- Lemonade

Pick your top three choices and list them in table 19.2. For each drink, use the Beverage Facts sheet to fill in the number of grams of sugar, the names of the vitamins and minerals (if any), and the names of the added sugars (if any). Remember that there are many names for added sugar: corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, maltose, molasses, sucrose, and sugar.

TABLE 19.2 Your Top Three

What are your three favorite drinks?	Sugar (grams)	Vitamins and minerals	Added sugar
1.			
2.			
3.			

Which one do you think is the healthiest drink and why?

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).