

# What am I Drinking?

## 5210 Introduction


Sugar sweetened fruit drinks, sports drinks, sweetened teas, and energy drinks don't seem so sweet when you consider their harmful effects on your health. They are the number one source of calories and added sugars in the American diet. Check out the monthly challenges to see what's in your drink and ways you can incorporate healthier drink options.


**#lessugarmorelife**  
**#rethinkyourdrink**  
**#5210HMC**



## Post to Social Media

Just copy, paste and post!

 Did you know a bottle of Powerade contains 11 ½ teaspoons of added sugar? The Dietary Guidelines for Americans 2015-2020 recommends only 12 teaspoons of added sugar a day and The American Heart Association recommends even less. To see what's in your drink visit <https://bit.ly/2TvJ3hq>. To learn more about 5210 Healthy Military Children, visit [5210.psu.edu](http://5210.psu.edu)!

 Rethink your drink this month. Incorporate more water and less sugary beverages. Use <https://bit.ly/2SfJEAr> to see why you don't need sports and energy drinks. #5210HMC behaviors #rethinkyourdrink

## Choose a Challenge

### Sugar Bottle Display

<https://5210.psu.edu/wp-content/uploads/2018/09/Sugar-Bottle-Display-hmc.pdf>

### Sugar Shuffle

<https://5210.psu.edu/wp-content/uploads/2018/09/The-Sugar-Shuffle-hmc.pdf>

### Sport and Energy Drinks Poster

[https://5210.psu.edu/wp-content/uploads/2018/09/sportenergydrink\\_hmc\\_7-11-17s.pdf](https://5210.psu.edu/wp-content/uploads/2018/09/sportenergydrink_hmc_7-11-17s.pdf)

### Natural Hydration Drink Recipe

<https://5210.psu.edu/wp-content/uploads/2018/09/Natural-Hydration-Drink-for-Kids-Recipe-hmc.pdf>

## Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)