





## Healthy Eating: Scrambling for Healthy Beverages<sup>1</sup>

**Emily Minton<sup>2</sup>** 

Unscramble the	beverages bel	low and deter	mine which	drinks you can	have anytime and	l which
ones you should	limit!					

Anytime Drinks	<u>Limit These Drinks</u>
America Drinks	Limit Thoso Drinks
LCUB DASO	TAWER
UFIRT DEA	RGEURLA DOSA
HOWLE KLMI	WETES ETA
NUSEWET TAE	WLAOFT LKMI



Credits: Debora Cartagena, CDC



Credits: Joey Manley CC 2.0, http://bit.ly/H8kJaN

	Answer Key:
Limit These Drinks	Anytime Drinks
Whole Milk	s9T təəw2nU
9bA tiur7	Soda Club Soda
Sweet Tea	Low-fat Milk
Regular Soda	Water

- 1. La versión en español de este documento es *Alimentación Saludable: Juego de letras bebidas saludables* (FCS80015-Span). This document is FCS80015, one of a series of the Department of Family, Youth, and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Original publication date April 2012. Visit the EDIS website at <a href="http://edis.ifas.ufl.edu">http://edis.ifas.ufl.edu</a>.
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