

Healthy Eating: Scrambling for Healthy Beverages¹

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Unscramble the beverages below and determine which drinks you can have anytime and which ones you should limit!

NUSEWET TAE _____

WLAOFT LKMI _____

HOWLE KLMI _____

WETES ETA _____

UFIRT DEA _____

RGEURLA DOSA _____

LCUB DASO _____

TAWER _____

Anytime Drinks

Limit These Drinks



Credits: Debora Cartagena, CDC



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

Water	Regular Soda
Low-fat Milk	Sweet Tea
Club Soda	Fruit Ade
Unsweet Tea	Whole Milk
Anytime Drinks	Limit These Drinks
Answer Key:	

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