



Presenting Sponsor



Week 9 Mar. 30-Apr. 3

Breakfast Makes a Difference

DID YOU KNOW?

Your Body Needs "Power Beverages" Throughout The Day To Keep Energized?

- *Refreshing water helps keeps your brain and muscles hydrated, healthy, and strong. Keep a water bottle full of cold water and sip it throughout the day. Water can be a refreshing drink to enjoy with your daily snacks.
- *Choose low-fat milk, or 100% fruit and vegetables juices when choosing your beverages for the day. They are called "power beverages" as they help you eat smart and play smart.
- *Steamed flavored milk, hot chocolate or apple cider makes a tasty treat for a cold day. Juice or milk can be enjoyed in a fruit smoothie for breakfast.
- *Soda, sweetened fruit drinks, and sports or energy drinks have a lot of sugar and are called "empty calorie" drinks? Can you explain the reason for this term? (Zero nutrition, calories from the sugar but not a source of key nutrients like protein, calcium, Vitamins D, A, or C.)
- *Do you need to rethink your drink? Talk to your parents about the power beverages you want.

Developed by:
Hilary LaFoley, RD,
Katie Bark, RD, LN
Montana Team Nutrition Program, MSU