

Refreshment Reality

■ Write the word to complete each sentence. Use the word bank.

1. In one _____¹, most people drink enough soda and sugary beverages to fill a bathtub with water.
2. The American Heart Association recommends that adults consume no more than five to nine _____² of added sugar per day.
3. One can of _____³ can have about 8 teaspoons of sugar.
4. People also get _____⁴ calories through iced teas, energy drinks, and coffee drinks.
5. Some research suggests that when you _____⁵ calories, you aren't as satisfied compared to eating the same amount of calories in solid food.
6. Beverages like _____⁶ drinks may advertise that they are healthy, but they are usually loaded with calories and sugar.
7. One way to make sure your drink is not filled with sugar is to read the _____⁷ label.
8. Look for forms of added sugar, such as sucrose, glucose, fructose, maltose, and _____⁸.
9. Just one sugary drink a day increases a person's chances of obesity, _____⁹, cancer, and diabetes.
10. _____¹⁰ and skim milk make better choices.

Word Bank

dextrose
drink
energy
heart disease
nutrition
soda
teaspoons
unnecessary
water
year

What is the number-one source of added sugar in our diets?

To find out, write each letter from above on its matching numbered line or lines.

3 4 6 2 10 1 8 10 9 7 5 3