

# GROCERY STORE DETECTIVE

## GOAL



Have **0** sugary drinks on most days!

To learn more about the 5-2-1-0 goals, visit [FitnessforKidsChallenge.com](http://FitnessforKidsChallenge.com).

## CHALLENGE: FIND THREE LOW-SUGAR, LOW-CALORIE DRINKS.

You are the grocery store detective! While shopping with your family, investigate each aisle to find at least three drinks that are healthier choices than soda or sports drinks, and write them down for the challenge!

### Tip:

Look for substitutes that are LOW in sugar and calories. Remember to look at the serving size on the label, since the nutritional information may not be for the whole container or bottle.

### Investigation:

Write down three healthy drink choices (with calorie and sugar content) you found with your detective skills:



1. Name of item: \_\_\_\_\_

Serving size: \_\_\_\_\_

Calories per serving size: \_\_\_\_\_

Sugars: \_\_\_\_\_

2. Name of item: \_\_\_\_\_

Serving size: \_\_\_\_\_

Calories per serving size: \_\_\_\_\_

Sugars: \_\_\_\_\_

3. Name of item: \_\_\_\_\_

Serving size: \_\_\_\_\_

Calories per serving size: \_\_\_\_\_

Sugars: \_\_\_\_\_

**DID YOU KNOW MOST COLA DRINKS HAVE 16 TEASPOONS OF SUGAR!**

Visit [www.FitnessforKidsChallenge.com](http://www.FitnessforKidsChallenge.com) to learn how much sugar is in other drinks.



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