



HEALTHIEST STATE MONTH WEEK 4 BULLETIN

#HealthyChoicesCount IowaHealthiestState.com



5 OR MORE SERVINGS OF FRUITS AND VEGETABLES

High intake of sugary drinks among children is associated with obesity, less milk consumption, and cavities. Water is a low-cost, zero calorie beverage option.

JAZZ IT UP!

Infuse your water with flavor by adding fruits (berries, lemons, or limes), vegetables (cucumber) or even herbs!



DID YOU KNOW?

Plain water is the best choice! Non-athletes are usually not exercising at a level intense enough to need sports drinks.



HOW MUCH SUGAR DO YOU DRINK?

Coca-Cola	15 tsp
Apple Juice	10 tsp
Sports Drink	8 tsp
Energy Drink	13 tsp
Bottled Frappuccino	8 tsp
Water	0 tsp

ATTEND THE 5-2-1-0 SUMMIT!

5-2-1-0 Healthy Choices Count! Summit
October 25 - FFA Enrichment Center
Ankeny

Register:

iowahealthieststate.com/Walk

2023 Healthiest State Month:

Oct. 1-7: 1 hour of physical activity

Oct. 8-14: 5 or more fruits & vegetables

Oct. 15-21: 2 hours of less of screen time

Oct. 22-28: 0 sugary drinks - more water!



Healthiest State
INITIATIVE

