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FCS80015

Healthy Eating: Scrambling for Healthy Beverages[1]

Emily Minton[2]

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

Answer Key:

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

1. La versión en español de este documento es *Alimentación Saludable: Juego de letras bebidas saludables* (FCS80015-Span).This document is FCS80015, one of a series of the Department of Family, Youth, and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Original publication date April 2012. Visit the EDIS website at http://edis.ifas.ufl.edu.

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