

I Pledge Allegiance to My Health

This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



I pledge allegiance to my health,
to not compare myself to anyone else.
With fruits and vegetables I'll fill my tray
and get nice and sweaty every day.
I have only this body and this one heart
so today's the day I'm going to start
eating less chips and less sugary drinks
and before I eat I'm going to think!



I Pledge Allegiance to My Health created by
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■ Beets



Beets grow under the ground.

Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37 Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Sugars 7g

Protein 1g

Vitamin A 1% Calcium 1%

Vitamin C 5% Iron 4%

Other nutrients: Folate (17%), Potassium (7%), Magnesium (5%),

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11081

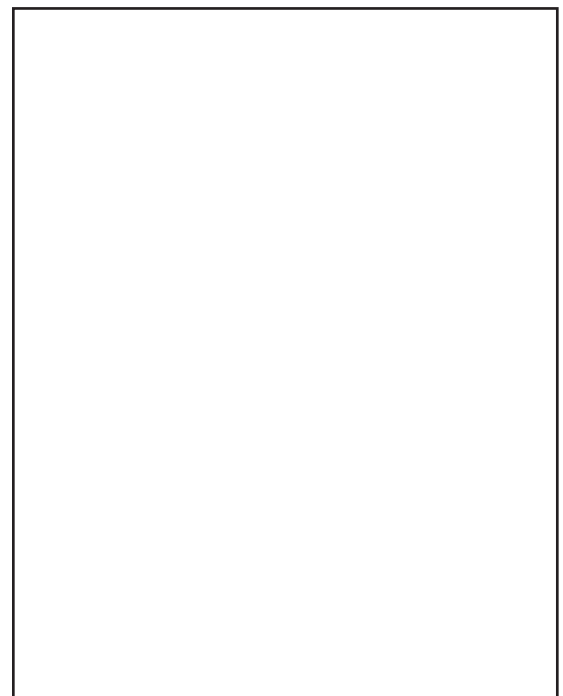
- A ½ cup of cooked, sliced beets is a source of fiber.
- Sugar beets contain a natural sugar called sucrose and contain twice the amount of sugar as table beets. They provide about one-third of the world's table sugar supply.
- Romans were some of the first to grow and develop beets for their roots and used them for feeding animals. Greeks were the first to consume both roots and leaves.
- Growing beets adds minerals to the soil, as the leaves are made up of 25% magnesium, which is great for compost piles.



- Visit <http://bit.ly/1wkUxCY> to learn all about the parts of the plant and how we eat them. Then, play “Supermarket Botany” and see the different parts of the plant we eat!

Based on the information above, draw a beet plant and label the parts we eat.

Golden Mandarin Beets
visit: <http://1.usa.gov/1mB1Djb>



rethink YOUR DRINK



Sugar can be in foods and drinks in two ways:

- Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods have
- Added sugar, which adds calories but little or no nutrients

Rethink Your Drink by:

- Drinking water instead of sugary drinks
- Switching to non-fat or low-fat (1%) milk instead of whole milk
- Selecting 100% fruit juice, but in limited amounts, no more than 4-6 ounces per day
- How many teaspoons of added sugar are in these drinks?



12-ounce can of soda =

_____ teaspoons






20-ounce juice drink =


_____ teaspoons





20-ounce sports drink =

_____ teaspoons



- How many teaspoons of sugar does water have? _____
- Set a healthy beverage goal!

I will drink less _____ and more _____.

