

# 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!

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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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Red Beet

Beets grow under the ground.

## Beets

### 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/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11081

- A ½ cup of cooked, sliced beets is a source of fiber.
- Beet juice is widely used as a “natural” dye to give pink or red color to processed foods.
- 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.



### Let's 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 provide.
- Added sugar, which adds calories but little or no nutrients. Drinking too many sugary beverages can increase the chances of experiencing some health problems, including weight gain, obesity, tooth decay, diabetes, and heart disease.

### Activity

- Visit <http://bit.ly/R9AZ4D> and as a class or in groups, decide what this poster is trying to communicate and then discuss the following questions:

Which drink has the most teaspoons of sugar? \_\_\_\_\_

How many minutes of brisk walking will it take to burn off that drink? \_\_\_\_\_

Is it surprising to you how much sugar is in these drinks? \_\_\_\_\_

What about the amount of brisk walking needed to burn it off? \_\_\_\_\_

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





- Drink water instead of sugary drinks
- Switch to non-fat or low-fat (1%) milk
- Select 100% fruit juice, in limited amounts, no more than 4-6 ounces per day for children

### Nutrition Facts Scavenger Hunt: Take-home Activity

- Make a copy of this page. Bring this activity home to complete with your family.
- If possible, visit <http://bit.ly/R9AZ4D> with your family and share what you learned in class.
- Select one beverage from your refrigerator or pantry.
- Copy the information from the Nutrition Facts label into the sample label below.
- Answer the questions below.
- Bring your activity and the label back to class to discuss.

How many teaspoons of sugar are in your beverage? Let's take a look at it one step at a time:

Beverage name: \_\_\_\_\_

Nutrition Facts			
Serving Size			
Servings Per Container			
Amount Per Serving			
Calories		Calories from Fat	
% Daily Value*			
<b>Total Fat</b>	g		%
Saturated Fat	g		%
Trans Fat	g		
<b>Cholesterol</b>	mg		%
<b>Sodium</b>	mg		%
<b>Total Carbohydrates</b>	g		%
Dietary Fiber	g		%
Sugars	g		
<b>Protein</b>	g		
Vitamin A	%	•	Vitamin C %
Calcium	%	•	Iron %

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

1) How many servings are in the container? \_\_\_\_\_

2) Calculate the total grams of sugar in this beverage.

[grams (g) of sugar per serving x # of servings per container = total g of sugar]

\_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_

3) Calculate the total teaspoons of sugar in this beverage.

4 grams of sugar = 1 teaspoon of sugar

[total g of sugar divided by 4 = total teaspoons of sugar]

\_\_\_\_\_ divided by 4 = \_\_\_\_\_

### Topics for class or group discussion:

- Are you surprised by how much sugar is in the beverage you chose? Why or why not?
- How did your family react to the amount of sugar in the beverage?
- If you drink sugary beverages, what changes can you make to drink more water?

