

You are what you eat

Unhealthy Choices



Healthy Choices



I'M HARD HEADED

Mom says I have to wear a helmet when I ride my bike — or I have to walk.

A four-year-old child must always wear a safety helmet. Wearing a helmet can reduce the risk of a head injury by 85%.

BE HARD HEADED
HELMETS SAVE LIVES

Think

www.thinkhelmet.org

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Rethink your drink!



Tazo Organic Green Tea, Iced; 13.8 oz Bottle - 30 grams (7.5 tsp)

Vitamin Water, Dragon Fruit; 20 oz bottle - 31 grams (7.75 tsp)



Hot Chocolate packet from UPMC kitchenette - 16 grams (4 tsp)



Gatorade Original Thirst Quencher, Orange; 32 oz Bottle - 53 grams (13.25 tsp)

Naked Juice, Blue Machine; 15.2 oz Bottle - 58 grams (14.5 tsp)



Capri Sun Maui Cooler; 11 oz Packet - 33 grams (8.25 tsp)

Nesquik Fat Free Chocolate Milk; 14 oz Bottle - 56 grams (14 tsp)



Mountain Dew; 20 oz bottle - 77 grams (19.25 tsp)



Simply Orange 100% Orange Juice; 11.5 oz Bottle - 33 grams (8.25 tsp)



Snapple Fruit Punch; 16 oz Bottle - 47 grams (11.75 tsp)

Red Bull Energy Drink, Original Green; 16 oz Can - 52 grams (13 tsp)



Starbucks Frappuccino Chilled Coffee Drink; 13.7 oz Bottle - 45 grams (11.25 tsp)