

Go to www.lexingtonhealthdepartment.org/display-scheduling-form to schedule your health fair display!

Choose up to four (4) of the interchangeable posters on the topics of sugar, tobacco, healthy eating, and handwashing to make your own three-fold display. *Value to replace if lost or damaged is \$50 each.

Are you drinking Candy?

| | | |
|--|--|---|
|  <p>Water - 0g</p> <p>1</p> |  <p>Unsweetened Tea - 0g</p> <p>1</p> |  <p>Juice Drink/Chocolate Milk - 24g</p> <p>10</p> |
|  <p>Sports Drink - 34g</p> <p>5</p> |  <p>Can of Soda - 44g</p> <p>5</p> |  <p>Large Frozen Drink - 46g</p> <p>5</p> |
|  <p>Large Soda - 51g</p> <p>7</p> |  <p>Large Flavored Coffee/Energy Drink - 60g</p> <p>7</p> |  <p>Large Sweet Tea - 71g</p> <p>7</p> |

1 = 1 teaspoon or 4 grams of sugar

Source: www.fda.gov