

What's Eating You Kid?



SUGAR tastes sweet.
It is used in many foods and
treats.

But too much sugar can
make you sick and become a
habit that is hard to kick.



HIGH FRUCTOSE CORN SYRUP is also sweet. It's in cookies, soda and sugary treats.

You can also find it in lots of other food, but it can make you hyper and put you in a bad mood.



ARTIFICIAL SUGAR can make you sick, it tastes really sweet but that's just a trick.

It comes in packets that are yellow, blue and pink. You should never put it in any food or drink.



SODA AND SOFT DRINKS
can be very bad for you.
They are full of sugar and
high fructose corn syrup too.

These drinks can make you
gain a lot of fat. Drinking
water instead is where it's at!



How many "Scary Monsters" did you see yesterday? Here is a chart showing how many you may have seen at breakfast.

Processed Food	Scary Monster	Healthy Choice:
Juice Box, Energy Drink, Flavored Milk, Soda or Soft Drink, Sugar Free Yogurt	Sugar Monster, High Fructose Corn Syrup Monster, Artificial Colors and Flavors Monster, Preservatives Monster, Trans Fat Monster, BPA Monster, GMO Monster, Soda Monster	Water, plain milk, homemade ice tea or lemonade, homemade Fruit and veggie smoothies.
Peanut Butter	Sugar Monster, Trans Fats Monster, Sodium Monster, Preservatives Monster, Possibly GMO Monster, BPA Monster, Pesticides Monster, Salt Monster, Peanut Butter Monster	Sunflower seed butter or almond butter. Raw nuts and seeds. Flax seeds, chia seeds, pumpkin and sunflower seeds (low salt or no salt). Plant a sunflower and eat the seeds.
Breakfast Cereal	Sugar Monster, High Fructose Corn Syrup Monster, Trans Fat Monster, Preservatives Monster, Artificial Colors and Flavors Monster, Salt Monster	Oatmeal, organic cereal, cereal with low sugar and preserved with vitamin E.

To learn about all 15 Scary Monsters and how many of them you see daily, get the book: *What's Eating You Kid? It's a scary story!*

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What's Eating You Kid? It's a scary story! Get the whole book and learn about all 15 Scary Monsters.

What's Eating You Kid? The Handbook available for teachers and really smart kids. (52 pages)

Contact: whatseatingyoukid@gmail.com

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