

Re-think Your Drink

Soda, sports drinks, sweet tea, coffee drinks, and fruit drinks are high in sugar and low in nutrition. Choose water, fat-free milk, or 1% plain milk as your regular drink of choice.

WHEN CHOOSING YOUR BEVERAGE:

- Whole fruit is best, but if choosing juice, check the label for 100% fruit juice (no added sugar).
- Beware of beverages called “fruit drinks.” These do not contain 100% juice and are often high in added sugar.



*This week, set a goal to choose only
WATER OR PLAIN MILK TO DRINK!*



*Drinks high in sugar are associated
WITH CAVITIES IN CHILDREN'S TEETH.*

HEALTHY TIPS

- Most people do not get enough water. Children need at least 5-8 cups of water (8 ounces each) every day!
- Water is needed to prevent dehydration, especially in hot, humid weather.

TIPS TO HELP YOUR CHILD DRINK MORE WATER:

- Always have a pitcher of water in the fridge.
- Jazz up water with fruit slices or a dash of fruit juice.
- Agua frescas are a great way to incorporate fruit. Limit the amount of sugar you add to keep it healthy.
- Add real fruit to low-fat milk to make it naturally sweet.

*Sugary drinks add extra calories,
INCREASE RISK OF BEING OVERWEIGHT,
and may cause illnesses like diabetes.*