

Involve the whole family

- ✓ Take your child to the grocery store and pick out different drinks. Check the labels for the amount of sugar in the drink.
- ✓ Carry your own water. Start a family water bottle collection. Go shopping and let everyone pick a water bottle. Bring the bottles to school, sports and work.
- ✓ Reward yourselves. If you choose water instead of sugary drinks at a restaurant, a sports event or other activity, put the money you saved in a jar. Use it for a fun family activity or add it to the kids' allowances.

Be a role model

Your kids watch what you do. They are more likely to choose healthy drinks if you do. So drink low-fat milk and water with meals. Bring a reusable water bottle in the car. Keep your water bottle nearby while you do work around the house.



Did you know?

Cutting out sugary drinks can help kids:

- 💧 Grow and develop well.
- 💧 Have more energy for school, sports and other activities.
- 💧 Stay at a healthy weight.
- 💧 Avoid tooth decay.
- 💧 Lower their risk for conditions such as diabetes, obesity and heart disease.

Healthy habits learned as a child lead to healthy habits as an adult. Ask the health care team for more ideas to help your child choose healthy drinks.



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Healthy Kids: Choose Healthy Drinks

Drink **0** sugary drinks!



PATIENT EDUCATION



BARBARA WOODWARD LIPS
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Rethink your drinks!

What children drink can be as important for their health as what they eat.

Aim for **0** sugary drinks.

Kids and teens should have **NO** sugary drinks. No soda, no sports or energy drinks, no lemonade or punch. No sweetened coffee, tea, milk, or water. These are high in sugar and calories. They provide no nutrition. They can lead to extra weight gain, tooth decay and other health problems. Some also contain caffeine, which kids don't need.

Water and skim or 1% white milk are the best drinks for kids. Milk has nutrients they need to grow strong and stay well. Water is also essential for good health. It's the best way to take care of thirst. It's low-cost or free. And it has no calories! Other options are plant-based drinks that are not sweetened, such as soy or almond milk.



What about juice?

Fruit juice may sound like a healthy option. But it's not the best drink choice. Juice products labeled "-ade" or "punch" or "drink" often contain almost no fruit juice. Even 100% fruit juice has a lot of sugar.

The better choice is whole fruit itself. It can be fresh, frozen, dried, or canned in its own juice. Fruit provides vitamins, minerals and fiber.

If you choose to let kids have juice, limit it to once or twice a week at most. And do not give juice to children younger than 12 months.

What You Can Do

Make it easy to choose healthy drinks

- Fill a pitcher with water and put it in the refrigerator.
- Serve milk at meals.
- Offer your child fruit and a glass of water rather than juice.
- Have your child bring a water bottle they can refill to school and activities.

Make water special

- Put slices of lemon, oranges, limes, watermelon, or pineapple in water for flavor.
- Put fresh or frozen berries in water to add color.

