

PUT LIMITS ON JUICE

- Serve juice in small portions, if at all.
- Choose whole fruits over juice.
- If you serve juice, it should be limited to:
 - No juice for children six months and under
 - 4–6 ounces for children one to six years old
 - 8–12 ounces for children seven to 18 years old
- If you choose to serve juice, buy 100% juice and add water.
- Juice products labeled “-ade,” “drink” or “punch” often contain 5% juice or less. The only difference between these “juices” and soda is that they are sometimes fortified with vitamin C.



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Adapted from materials developed by Let's Go!
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**DRINK ZERO
HIGH-SUGAR DRINKS.**



DID YOU KNOW

Soda has no nutritional value and is high in sugar. Just nine ounces of soda has 110–150 empty calories. Many sodas also contain caffeine, which kids don't need.

Energy drinks are NOT sports drinks and should never replace water during exercise.

Drink water first:

- Drinking enough water can keep you from overeating.
- Getting enough water helps the brain function at its best.
- Not drinking enough water can cause headaches and fatigue.
- When you're physically active, drink more water.

DRINK LESS SUGAR

WATER KEEP IT HANDY, KEEP IT COLD:

- Keep bottled water or a water bottle on hand.
- Add fresh lemon, lime or orange wedges to water for some natural flavor.
- Fill a pitcher of water and keep it in the fridge.
- Drink water when you're thirsty. It's the best choice.
- Cut back slowly on sugar-sweetened drinks.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

BE A ROLE MODEL

- Grab a glass of water instead of soda.
- Try mixing seltzer with a small amount of juice.

ENCOURAGE LOW-FAT MILK INSTEAD OF SUGAR-SWEETENED DRINKS.

According to the national dairy council:

- Children ages four to eight years old should be consuming three eight-ounce glasses of milk or other dairy each day.
- Children ages nine to 18 years old should be consuming four and a half eight-ounce glasses of milk or other dairy each day.

THE RECOMMENDATION IS THAT CHILDREN OVER THE AGE OF TWO DRINK LOW-FAT MILK. GRADUALLY MAKE THE CHANGE FROM WHOLE MILK TO LOW-FAT MILK.

MAKE A MILKSHAKE USING LOW-FAT MILK, ICE AND YOUR FAVORITE BERRIES.