



## DRINK THIS!



## NOT THIS.



# Limit Sweet Drinks!

**T**he number one source of sugar in a child's diet is soda, energy and sports drinks; the 2nd source is fruit juice! When it comes to keeping your kids hydrated, there are countless varieties of drinks to choose from.

The only essential beverage that your child needs is **water**. Since most children get most of their calcium from dairy products, these also become necessary in a child's diet.

Amount of liquids a child needs every day (includes water, milk and juice):

2-3 years (yr) = 4 cups

4-8 yr = 5 cups

Girls 9- 18yr = 7-8 cups

Boys 9-13yr = 8 cups

Boys 14-18yr = 11 cups

Some fruit juice is OK. Ideally fresh fruits are the best option, however, 100% fruit juice can be incorporated into a healthy diet:

2-6 yrs: 4-6 oz a day

7-13 yrs: 8 oz a day

14-18 yrs: Up to 12 oz a day

**Focus on unsweetened, plain milk.** An 8 oz glass of chocolate milk has about 3-4 tsp of added sugar. This adds up over time: 2 glasses a day = 30 cups of added sugar a year!

**Soda is for special occasions only.** Soda has too much sugar (about 10 teaspoons per can) and can weaken bones; plus it may also contain caffeine. Serve no more than once a week, **if at all**.

### Never allow energy drinks

The American Academy of Pediatrics warns, "Kids should not consume energy drinks." They have an unregulated amount of caffeine in them, plus other possible stimulants. There have even been suspicious injuries and deaths in kids that their families claim are linked to energy drinks.

**Plain water is best! Sports drinks are usually not needed.**

Useful only when your child sweats a lot from hard exercise or hot weather. Sweetened water can contain as much sugar as soda.

### TIPS TO REDUCE LIQUID SUGAR

1. Offer plain low fat milk only; if you do serve flavored milk put the plain milk in front of the sweetened milk in the lunch line.
2. Add slices of lemon, lime, or orange to water for flavor!
3. Add water to your child's juice until they notice and then back up to tolerance again.
4. Don't buy or offer soda.
5. Send your kids to school with a refillable water bottle.

### MORE INFORMATION

#### Get Healthy Philly

<http://foodfitphilly.org/all-about-sugary-drinks/tips/>

#### Harvard's Healthy Drinks

<http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/>

#### Adverse Events from Energy Drinks

<http://1.usa.gov/1fr0d37>

#### USDA Resource

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf>

### Healthy Liquids Recommendations

- Limit Juice to 4 to 12 oz a day
- Serve plain, unsweetened milk 2 to 3 times a day
- Avoid energy drinks and limit soda to once a week
- Plain water is best: limit sports drinks and flavored water



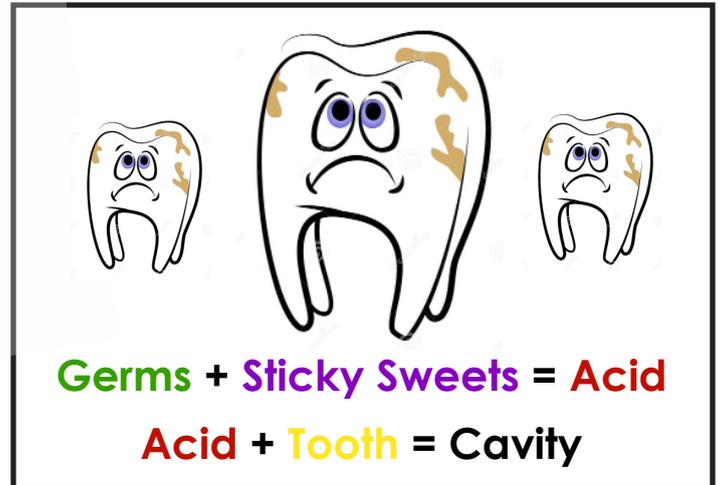
# KIDS!



## Why is too much sugar unhealthy!?

1. It can make you sick
2. It can make your bones weak
3. Sticky sweets can rot your teeth  
...and many other reasons.

**Did you know?!**  
80% of your brain is made up of water!  
Your brain will not work as well if you don't drink enough water during the day.



### BUILD A HEALTHIER YOU!!!

Check the box or add a sticker when you finish the weekly challenge!!

**WEEK 1:** Reduce the amount of juice you drink until you are drinking at most 4-6 oz (6 years and younger) or 8-12 oz (7 years and older)

**WEEK 2:** Switch from flavored milk to plain milk! Save chocolate or vanilla sweetened milk as a once-a-week treat.

**WEEK 3:** Stop drinking soda! Save it for a special occasion (no more than once a week).

**WEEK 4:** Drink water during sports only! Unless you sweat a lot.

### How much added sugar are you allowed to have a day?

No more than 4-5 teaspoons (16 to 20 grams sugar) a day

>> 1 can soda = 40 grams or 10 tsp sugar ...**DOUBLE YOUR MAXIMUM!!**

>> 1 chocolate chip cookie = 4 grams = 1 tsp sugar

**NEVER DRINK ENERGY DRINKS THEY CAN HARM YOU**



Parents: Check out the book *Beat Sugar Addiction Now for Kids* to get off the sugar!