## Drink water and low fat milk; limit or eliminate sugary beverages

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- Juice products labeled "-ade," "drink," or "punch" often contain 5% juice or less. The only difference between these "juices" and soda is that they're fortified with Vitamin C.
- Always try to choose whole fruits over juice.
- If you choose to serve juice, buy 100% juice.
- Each day, juice should be limited to:
  - 4-6 ounces for children 1-6 years old
  - 8-12 ounces for children 7-18 years old
  - No juice for children 6 months and under
- Make changes slowly by adding water to your child's juice. Suggest a glass of water or low fat milk instead of juice.

# Lighty's Rules

#### 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.

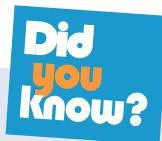
Make a milkshake using low fat milk, favorite berries.

### Milk

Encourage low fat milk instead of sugar-sweetened drinks: According to the national dairy council:

- Children ages 4–8 years old should be consuming three 8-ounce glasses of milk or other dairy each day.
- Children ages 9–18 years old should be consuming four and a half 8ounce glasses of milk or other dairy each day.





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.

### Water is fuel for your body:

- Water is the most important nutrient for active people.
- Between 70-80% of a child's body is made up of water.
- When you exercise, you sweat, and when you sweat you LOSE water and minerals – it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!

