

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

Put limits on juice

- 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.

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 8-ounce glasses of milk or other dairy each day.



Make a milkshake
using low fat milk,
ice, and your
favorite berries.

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.

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!



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