#### Why is it important for kids to avoid sugary drinks?

- Sugary drinks are high in sugar and calories, have no nutritional value, and can contribute to childhood obesity.
- Sugary drinks include soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.
- Many sugary drinks also contain caffeine, which kids don't need.

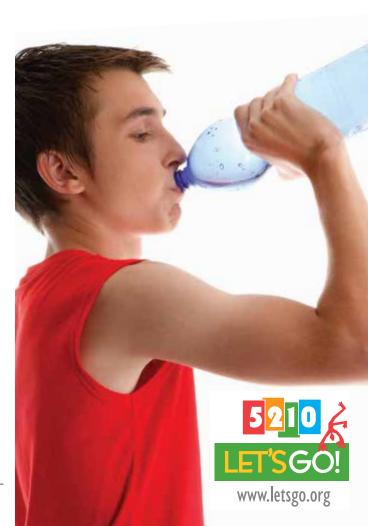


#### Tips for cutting back on sugary drinks:

- Don't replace soda with other sugary drinks (such as juice and sports drinks).
- Remember that water is the best alternative for thirsty kids.
- Make water and milk the primary drinks of choice at home.
- Buy fewer and fewer sugary drinks each week until you no longer buy any!

To learn more about Let's Go! 5-2-1-0, visit letsgo.org

# SUGARY DRINK MORE DRINK MORE DATER



## What can **YOU** do?

#### **Drink more water!**



## keep it handy

Keep a water bottle on hand so kids can fill up at water fountains or taps.

### keep it cold

Fill up a pitcher of water and keep it in the fridge.

## make it fruity

Add fresh lemon, lime, or orange slices to water for natural flavor.

## make it fun

Add frozen or fresh berries for color.

#### Water is fuel for your body

Water (tap, filtered, or bottled) is the best choice for quenching thirst after physical activity.

**Sports drinks** (such as Gatorade<sup>®</sup> and Powerade<sup>®</sup>) are high in sugar, and most adults and kids don't need them for regular exercise.

**Energy drinks** (such as Red Bull<sup>®</sup> and Monster<sup>®</sup>) can contain caffeine or other stimulants. These are NEVER recommended for children or adolescents.

#### **Put limits on juice**

Juice products (drinks that end with "ade", "drink", or "punch") often contain less than 5% actual fruit juice. Even 100% fruit juice is high in sugar. In fact, some juice drinks contain as much sugar as soda!

It's best to choose whole fruit instead of juice whenever you can!

#### If you choose to serve juice:

- Buy I00% fruit juice.
- Don't give juice to babies under 6 months old.
- Limit the juice you serve to older children.

AGE OF CHILD	AMOUNT OF JUICE per day
I to 6 years old	4-6 ounces
7 to 18 years old	8-12 ounces

