

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



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® and Powerade®) are high in sugar, and most adults and kids don't need them for regular exercise.

Energy drinks (such as Red Bull® and Monster®) 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 100% 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
1 to 6 years old	4-6 ounces
7 to 18 years old	8-12 ounces

