

Re-think Your Drink

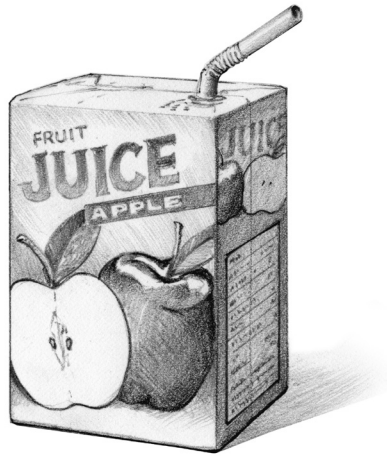
Soda, sports drinks, sweet tea, coffee drinks, and fruit drinks are high in sugar and low in nutrition. Choose water, fat-free milk, or 1% plain milk as your regular drink of choice.

WHEN CHOOSING YOUR BEVERAGE:

- 🍏 *Whole fruit is best, but if choosing juice, check the label for 100% fruit juice (no added sugar).*
- 🍏 *Beware of beverages called “fruit drinks.” These do not contain 100% juice and are often high in added sugar.*



This week, set a goal to choose only
WATER OR PLAIN MILK TO DRINK!



Drinks high in sugar are associated
WITH CAVITIES IN CHILDREN'S TEETH.

HEALTHY TIPS

- 🍃 Most people do not get enough water. At least 8 cups (8 ounces each) are needed every day!
- 🍃 Water is needed to prevent dehydration, especially in hot, humid weather.

TIPS TO HELP YOUR CHILD DRINK MORE WATER:

- 🍃 Always have a pitcher of water in the fridge.
- 🍃 Jazz up water with fruit slices or a dash of fruit juice.
- 🍃 Aguas frescas are a great way to incorporate fruit. Limit the amount of sugar you add to keep it healthy.
- 🍃 Add real fruit to low-fat milk to make it naturally sweet.

Sugary drinks add extra calories,
INCREASE RISK OF BEING OVERWEIGHT,
and may cause illnesses like diabetes.