



Healthy Beverages

DID YOU KNOW

It is important for your children to drink water every day.

- Children need to stay hydrated for good health and learning.
- Water is the best choice when children are thirsty between meals and snacks.

Replacing fruit juice with water will help keep your children healthy.

- Fruit juice offers children a highly concentrated form of sugar and calories that may be consumed quickly.
- Limiting juice will reduce tooth decay.
- Drinks that are called fruit juice drinks, fruit punches, or fruit nectars contain less than 100% fruit juice and have lower nutritional value.

Sugar-sweetened beverages contribute to tooth decay, weight gain and obesity and should be limited.

- Sugar-sweetened beverages are commonly high in calories and low in key nutrients.
- Examples of sugar-sweetened beverages include:
 - Soda (soft drinks)
 - Sports drinks
 - Energy drinks
 - Flavored milks and waters
 - Fruit juice drinks with added sugars (e.g., punch, juice that is less than 100% real fruit juice).



YOU CAN HELP YOUR CHILDREN DRINK HEALTHY BEVERAGES

- Allow children to drink water whenever they are thirsty.
- Add lemon, lime, or cucumber slices to water to provide some flavor.
- Serve non-fat (skim) and low-fat milk with meals.
- Limit juice to **no more than 4- to 6-ounce serving of 100% juice** each day for children 1-6 years old.
- Provide juice in a small cup that does not have a lid. Do not use a bottle or sippy cup for juice.

PARENTS AS TEACHER – MODEL HEALTHY BEHAVIORS

- Young children naturally want to do what you do. You can help your children develop healthy eating habits, and being a good role model is where it begins.
- Make water your go-to beverage.
- Limit the amount of sugar-sweetened beverages and juice you drink.
- Remember that children pick up on attitudes and behaviors—including drinking water!

HOW MUCH WATER DO KIDS NEED?

Water is provided by both beverages and moisture in foods. About 80% of people's total water intake comes from drinking water and other beverages. Children ages 1-3 years should drink about 4 cups a day and children ages 4-8 years about 5 ½ cups a day. Moisture in food makes up the other 20% of water intake.