


## HEALTHY DRINKS

- What your children drink can affect their health. Your children should have more water than any other drink during the day.
- Milk is a good source of calcium, which is needed for strong bones and teeth. Children under the age of 2 should drink whole milk. Children ages 3 and older should drink fat-free or low-fat milk.
- Drinking small amounts of 100% fruit juice helps you to get important vitamins.
- Many drinks such as soda, sports drinks and fruit drinks contain a lot of added sugar. These drinks provide calories without nutrients, which can lead to weight gain and dental problems.
- Soda contains caffeine, which can cause nervousness and restlessness in children and adults.

See how many teaspoons  of added sugar are in one cup (8 ounces) of different drinks:



### Soda

6 teaspoons added sugar



### Milk

0 teaspoons added sugar



### Fruit Punch

7 teaspoons added sugar



### Water

0 teaspoons added sugar