

Healthy Drinks For Healthy Kids

Soda, juice (even 100% juice!), fruit drinks, sports drinks and energy drinks have more sugar and calories than your body needs. Extra calories can lead to unhealthy weight gain.

Kids should drink water when they're thirsty, and water or white milk with meals.

How much sugar is in your drink?				
		Size (ounces)	Sugar (grams)	Teaspoons of sugar
100% Orange Juice		8 oz	22g	
Monster Energy		16 oz	27g	
Vitamin Water		20 oz	32g	
Gatorade		20 oz	34g	
Iced Tea		16 oz	36g	
Soda		12oz	39g	
Coolatta		16 oz	69g	

Get a fun water bottle for your child to take to school, camp, everywhere!

Let your child pick one out that s/he likes and will want to use.

Be a healthy drinks role model for your child.

Your child wants to do what you do, so try to pick water and non-sugary drinks for yourself too!

Make water fun!

Use straws and add ice, lemon, or other fruit slices.

Think of sugary drinks as treats,
not as drinks for every day.

