



RETHINK
YOUR 

Keeping Nevada's Kids Healthy

is as simple as...



Look inside to learn how YOU can support their healthy drink choices.



College of Agriculture,
Biotechnology & Natural Resources
NUTRITION

Let's start here.

What does your child drink on a typical day?

Follow these 3 easy steps.



1

Step 1: Check the boxes next to the drinks your child has on a typical day.

- | | |
|--|---|
| <input type="checkbox"/> Soda (not diet) | <input type="checkbox"/> Whole or 2% milk |
| <input type="checkbox"/> 100% fruit juice | <input type="checkbox"/> Fat-free or low-fat (1%) milk |
| <input type="checkbox"/> Water | <input type="checkbox"/> Flavored low-fat milk
<i>(such as chocolate milk)</i> |
| <input type="checkbox"/> Energy Drinks | <input type="checkbox"/> Unsweetened flavored water |
| <input type="checkbox"/> Sweetened tea or coffee | <input type="checkbox"/> Sports drinks |
| <input type="checkbox"/> Fruit-flavored drinks
<i>(such as fruit punch)</i> | |

2

Step 2: Add up the number of red, yellow and green boxes checked. Write these numbers below.

Red: = _____ **Yellow:** = _____ **Green:** = _____

3

Step 3: Compare your results to the facts below to learn how drink choices impact health.

- Red:** These are **WHOA** drinks. Too many can be harmful to kids' health.
- Yellow:** These are **SLOW** drinks. These can be part of a healthy diet for some kids.
- Green:** These are **GO** drinks. These help kids stay healthy.

Use this simple tool to make healthy drink choices for your family.



Say “NO” to **WHOA** drinks.

Soda
Sports drinks
Energy drinks
Sweetened tea and coffee
Fruit-flavored drinks:
- Fruit nectar
- Fruit punch
- Lemonade

These drinks have added sugar and can cause tooth decay and unhealthy weight gain.

Whole and 2% milk



SLOW drinks... use caution.

100% fruit juice
Low-fat flavored milk (*such as chocolate milk*)



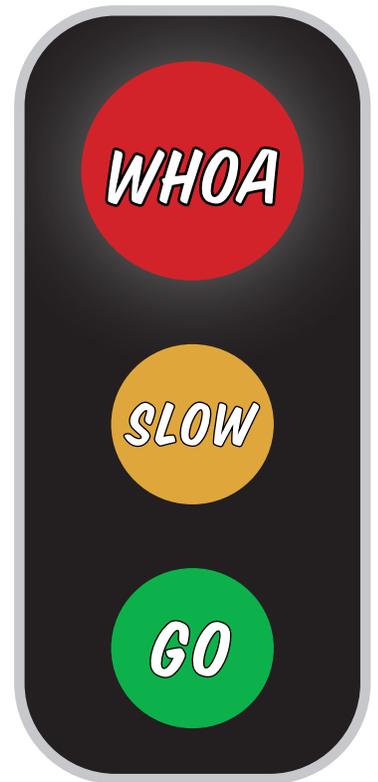
Say “yes” to **GO** drinks.

Water
Unsweetened flavored water
Fat-free and low-fat (1%) milk

Keep reading to learn more about
WHOA, SLOW, and GO drinks.

Say “NO” to **WHOA** drinks like these:

- Soda
- Sports drinks
- Energy drinks
- Sweetened tea & coffee
- Fruit-flavored drinks
 - Fruit nectar
 - Fruit punch
 - Lemonade
- Whole and 2% milk



INSIDER TIP:

If your family prefers whole milk, gradually switch to lower fat versions. By making the change from whole or 2% milk to fat-free or low-fat (1%) milk, you can cut the fat and calories without losing important nutrients.



Experts agree on milk:

Toddler supplemental milk (*such as a toddler nutritional drink*) - Kids don't need specially formulated milks. They get the nutrition they need from GO drinks and a variety of foods.

Plant-based milks (*such as nut or oat milks*)- These drinks do not have the same nutrients as dairy milk and may have added sugar. Before deciding to switch to a plant-based milk, consult a health care provider.

Infants	Up to 1 year	Breast milk and/or formula only
Toddlers	1-2 years old	Plain whole milk (<i>also known as Vitamin D milk</i>)
Children	2 years & older	Plain fat-free and low fat milk (<i>1% milk</i>)

How much added sugar is in these **WHOA** drinks?

Soda	12 ounces	43 grams (about 11 teaspoons)
Sports drink	12 ounces	21 grams (about 5 teaspoons)
Fruit nectar	12 ounces	44 grams (about 11 teaspoons)

*1 teaspoon of sugar = 4 grams of sugar

How do you spot sugary **WHOA** drinks?

Check the Nutrition Facts panel on the label. If the product lists added sugars, it's a sugary drink.

Sugary drinks can lead to:

- Unhealthy weight gain
- Cavities
- Diabetes
- Heart disease

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

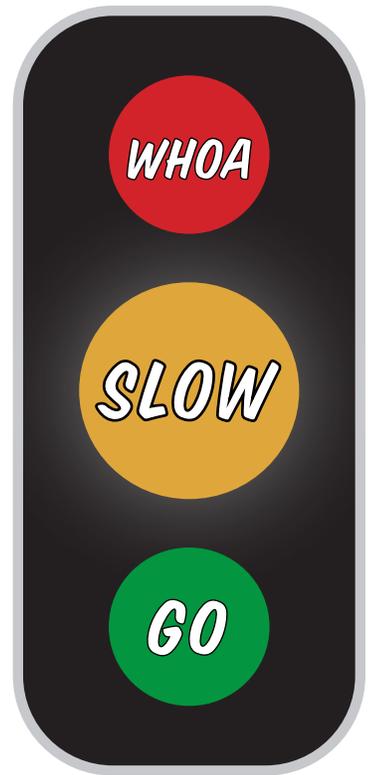
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SLOW drinks... ***use caution***



- **100% Fruit Juice**
- **Low-fat flavored milk**
(Such as chocolate milk)



INSIDER TIP:

To help your family get used to the taste of unflavored milk, try this tip. Mix an increasing amount of plain, low-fat (1%) milk with your kids' favorite flavored milk.

Low-fat flavored milk

Low-fat flavored milk has the same nutrients as plain milk but with added sugar. When kids are provided with sugary drinks at a very young age, it can lead to a life-long preference for sweet taste. As a result, they may not like foods and drinks that aren't sweet.

To avoid this, experts recommend only fat-free or low-fat (1%) plain milk for children 2-5 years old. For children older than 5, small amounts of low-fat flavored milk can be part of a healthy diet.



What about juice?

100% fruit juice contains important nutrients, but many kids drink too much. This can lead to cavities and unhealthy weight gain.

SLOW drinks can be part of a healthy diet for some kids.



Experts recommend limiting 100% fruit juice.

Infants up to one year	Fruit juice is not recommended
Children 1-3 years old	No more than 4 ounces per day (1/2 cup)
Children 4-6 years old	No more than 4-6 ounces per day (1/2-3/4 cup)
Children 7-18 years old	No more than 8 ounces per day (1 cup)

**Some families dilute fruit juice with water. If you do so, it's important that the total amount of 100% fruit juice does not exceed these daily limits.*

INSIDER TIP:

Fruit is more nutritious than fruit juice and can be hydrating. It's a perfect choice when kids ask for something sweet.

Serve kids fruit each day.



How much fruit do kids need each day?

Children	2-4 years old	1-1 ½ cup
Children	5-8 years old	1-2 cups
Children	9-13 years old	1 ½-2 cups
Girls	14-18 years old	1 ½-2 cups
Boys	14-18 years old	2-2 ½ cups

What counts as a cup of fruit?

- 1 large banana
- 1 cup diced mango
- 1 small box of raisins
- 1 cup canned peaches in fruit juice, drained
- 1 cup 100% fruit juice

Say "YES" to **GO** drinks!



- Water
- Unsweetened flavored water
- Fat-free and low-fat (1%) milk

INSIDER TIP:

Can't drink milk? Try lactose-free dairy milk or a small amount of milk or yogurt. Unsweetened soy milk with added calcium is also a healthy option.

WHOA

SLOW

GO

Fat-free and low-fat (1%) milk and other low-fat dairy foods provide the nutrients kids need to support growth, strong bones and teeth, and a healthy heart.

How much dairy do kids need each day?

Children 2-3 years old 2-2 ½ cups

Children 4-8 years old 2 ½ cups

Children 9-18 years old 3 cups

What counts as a cup of dairy?

1 cup milk

1 cup calcium-fortified soy milk

1 cup yogurt (dairy or fortified soy)

1 ½ ounces hard cheese

1/3 cup shredded cheese



Water is the **GO-to** drink!

Without enough water, kids might feel weak, dizzy and get a headache.

Kids who drink plenty of water tend to drink less sugary **WHOA** drinks. Any time is a good time to serve water!

Serve more water to your kids when...

- It's hot outside
- They are active
- They are sick



What about flavored waters?

Unsweetened flavored waters are a great way to help your family drink plenty of water. Find ways to make your own flavored water at:

RethinkYourDrinkNevada.com

If you purchase flavored waters at the grocery store, be sure to check the Nutrition Facts panel for added sugars.

For children under the age of six, avoid products with sugar substitutes such as aspartame, saccharin and sucralose.

Now you know all about **WHOA**, **SLOW** and **GO** drinks - what's next?

Try these simple changes:

Make the healthy choice easy and convenient.

- Don't buy sugary drinks as often. This will make it easier for your kids to choose healthy drinks.
- Make cold water readily available. Keep a pitcher of water in the fridge.
- Bring water when you and your kids leave home.

Get everyone involved.

- Let your kids see you make healthy drink choices. They will want to do the same.
- Ask others who care for your kids to serve GO drinks instead of WHOA drinks.
- Talk with your kids about WHOA, SLOW and GO drinks.

Show your kids that healthy drinks can be tasty and refreshing.

- Milk tastes best when it is served very cold. Store milk on a shelf in the fridge- not the door.
- Try the recipes at RethinkYourDrinkNevada.com/recipes.

Focus on progress, not perfection.

- Limit sugary WHOA drinks to special occasions.
- Limit the portion size of sugary WHOA drinks to less than one cup.

Give kudos to the kiddos for making good choices.

- Everyone likes encouragement.

Remember: It's as simple as **WHOA, SLOW, GO!**

For more information, visit RethinkYourDrinkNevada.com.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). Please call 1-800-992-0900 for more information. These institutions are equal opportunity providers. An EEO/AA institution.



Tell us how we're doing!

