

PARENTS:

YOU Can Help Your Kids Make Healthy Drink Choices



It's as simple as...



Look inside to learn what **YOU** can do!



What does *your* child drink on a typical day?

(Let's find out!)

STEP 1: Place a check in the boxes next to the drinks your child has on a typical day.

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

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

RED ☐ = _____

YELLOW ☐ = _____

GREEN ☐ = _____

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. Consider these "once in a while drinks."

YELLOW: *These are SLOW Drinks.* These are healthful, but some kids drink too much. Consider these "sometimes drinks."

GREEN: *These are GO Drinks.* These can help kids stay healthy. Consider these "almost anytime drinks."

Keep reading
to learn more!



Say “NO” to these **WHOA** drinks!

These drinks all have sugar added to them

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

FOR EXAMPLE:



Orange Soda
12 oz. (1.5 cups)



*has this much
added sugar*



11 Sugar Cubes

1 sugar cube = 1 packet of sugar = 1 teaspoon of sugar = 4 grams of sugar

Too many sugary drinks can lead to:

- Unhealthy weight gain
- Diabetes
- Cavities
- Heart Disease

- Whole milk
- 2% milk

For children age 2 and older, experts recommend switching to fat-free or low-fat (1%) milk.

SLOW Drinks ... Use Caution!

SLOW DRINKS, like low-fat chocolate milk and 100% fruit juice, contain important nutrients but some kids drink too much.

FOR EXAMPLE:

Flavored milks have added sugar - save these for special days.



Chocolate Milk

8 oz. (1 cup)



has this much added sugar



2.5 Sugar Cubes

1 sugar cube = 1 packet of sugar = 1 teaspoon of sugar = 4 grams of sugar

When your kids want something sweet, offer them fruit.

Whole fruit contains more nutrients than 100% fruit juice.

Limit 100% fruit juice to no more than:

- 4 oz. (1/2 cup) per day for kids 1-3 years-old
- 4-6 oz. (1/2 to 3/4 cup) per day for kids 4-6 years-old
- 8 oz. (1 cup) per day for kids 7-18 years-old



SAY "YES"
TO **GO**
DRINKS!

Water, fat-free milk, and
low-fat (1%) milk are **GO** drinks.



Kids NEED water to stay hydrated & healthy

- Without enough water, kids can become dehydrated. This may cause them to feel weak or dizzy, or get a headache. Offer your kids water often to avoid this.

*Remind kids to drink water
until they are no longer
thirsty when they are
playing outside.*



Fat-free and low-fat (1%) milk are good sources of nutrients that many kids don't get enough of, including vitamin D, calcium, and potassium.

- Did you know that not all milk alternatives have the protein, calcium and vitamin D found in dairy milk? Some have added sugar.
- Compare products using the ingredients list and the Nutrition Facts panel.

YOU are the most important influence on your children.

Small changes make a **BIG** difference. *Start today.*




To help my kids make healthy drink choices,
I pledge to...

- ☐ Serve water or low-fat milk for meals and snacks.
- ☐ Buy **WHOA** drinks less often (such as soda, sports drinks, and fruit-flavored drinks).
- ☐ Be a good role model. I will drink more **GO** drinks.



Healthy drinks can be delicious!

There are 40  recipes available online and in select grocery stores.

In a recent survey, over 80% of those who tried the recipes said that they learned how to make drinks that taste good.

Here is a sample! 

The recipes are:

- Low cost
- Healthy
- Kid-tested & approved

Minty Berry Delight

PREPARATION TIME: 10 minutes

COST PER SERVING: \$0.14

Makes: 6-8 servings

Can refrigerate up to 2 to 3 days.

Ingredients

- A clean glass or plastic pitcher
- 6-8 strawberries (1 cup frozen thawed)
- 5 fresh mint leaves
- One big spoon

Try This!

Reuse the extra mint by adding it to your water bottle or tea! Add the extra strawberries to your next smoothie!

Instructions

1. Wash your hands.
2. Wash the strawberries, and mint leaves under cool running water.
3. Slice the strawberries into rounds and then again in half (mash if frozen).
4. Fill the pitcher with cool tap water (6-8 cups).
5. Add the strawberries and mint leaves into the pitcher.
6. Using a spoon, gently stir the strawberries and mint leaves in the water.
7. Put the pitcher in the fridge for a few hours until it's nice and cold.
8. Remove the strawberries and mint leaves (to reduce the risk of choking) and set aside.

Pour the flavored water into glasses and serve.

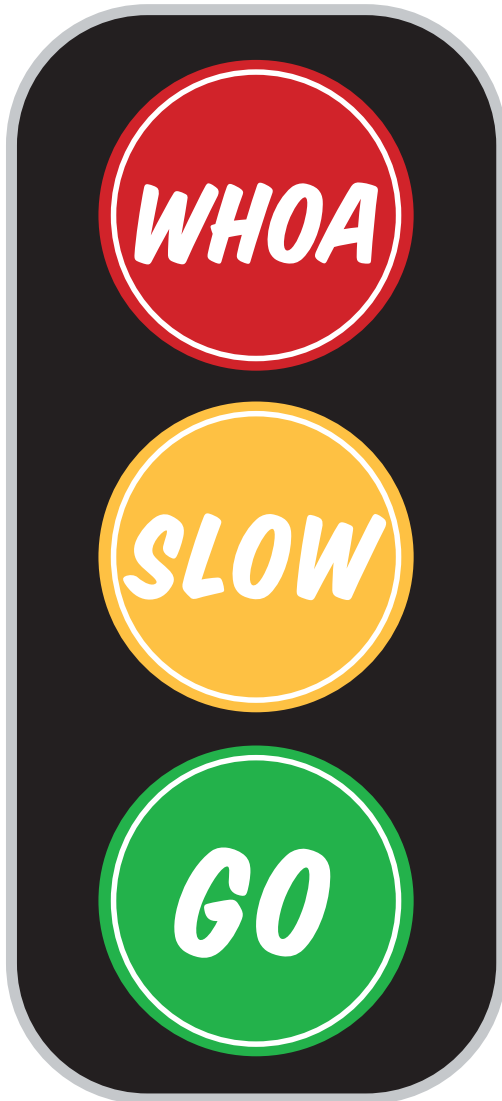


**RETHINK
YOUR
DRINK**

Find these recipes at [RethinkYourDrinkNevada.com/recipes](https://www.RethinkYourDrinkNevada.com/recipes)

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). Please call 1-800-992-0900 for more information. This institution is an equal opportunity provider.

To Make Healthy Drink Choices Remember...



These are sugary drinks. Serve these to kids only once in a while.

Soda
Sports drinks
Energy drinks
Whole and 2% milk
Sweetened tea and coffee

Fruit-flavored drinks

- Fruit nectar
- Fruit punch
- Lemonade

These can be good choices but only if kids drink them sometimes.

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

These drinks are great choices almost anytime.

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