

What does your child (let's find)drink on a typical day? (let's find)

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



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

RED 🔲 =____

YELLOW 🔲 = _____



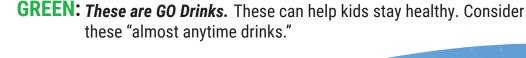
STEP 3: Compare your results to the facts below to learn how drink choices impact health.



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 healthy, but kids can drink too much. Consider these "sometimes drinks."







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Making healthy drink choices is as simple as...

Say"NO" to these WHOA drinks!



- **Soda**
- Sports drinks
- Fruit-flavored drinks
- Energy drinks
- Sweetened tea & coffee
- Whole milk

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



SLOW drinks...use caution!

These drinks contain important nutrients but kids can have too much.

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

Limit 100% fruit juice to no more than:

- 4 oz. per day for kids 1-3 years-old
- 4-6 oz. per day for kids 4-6 years-old
- 8 oz. per day for kids 7-18 years-old



Say "YES" to GO drinks!

These drinks help kids stay healthy.

- Water
- Fat-free & low-fat milk

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.

RethinkYourDrinkNevada.com

For information on healthy drink choices, delicious recipes, & more!



The information given here is not meant to be a substitute for advice given by a health professional.