

# Parents



## 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 healthy, but kids can 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!



RETHINK  
YOUR DRINK

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.



# 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!