

## 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 🔲 = \_\_\_\_\_



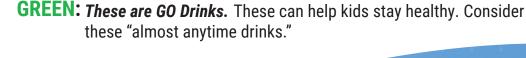
#### **STEP 3:** Compare your results to the facts below to learn how drink choices impact health.



**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.