

# PARENTS:

Be a part of keeping  
Nevada's kids healthy!



It's as simple as...



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



Let's start here.

# What does your child drink on a typical day?

Follow these 3 easy steps to 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.

**YELLOW:** These are **SLOW** Drinks. These are healthy but only in small amounts.

**GREEN:** These are **GO** Drinks. These help kids stay healthy.

Now what?

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  
Whole and 2% milk

Fruit-flavored drinks  
- Fruit nectar  
- Fruit punch  
- Lemonade

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

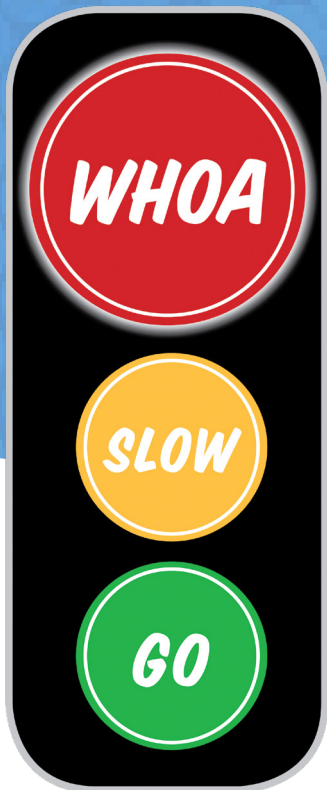
100% fruit juice  
Low-fat flavored milk (such as chocolate milk)

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!

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

Most kids  
drink too many  
sugary **WHOA**  
drinks.

## 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*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 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.

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

Soda	12 oz.	43 grams (about 11 tsp)
Fruit punch	12 oz.	30 grams (about 7 tsp)
Sports drink	12 oz.	21 grams (about 5 tsp)
Horchata	12 oz.	38 grams (about 9 tsp)
Fruit nectar	12 oz.	44 grams (about 11 tsp)

1 teaspoon of sugar = 4 grams of sugar

## Sugar in kids' drinks add up!

Help your kids stay healthy and fit by limiting sugary **WHOA** drinks.

See page 10 for some simple suggestions.

## WHAT ABOUT MILK?



### Expert recommendations for children:

**Infants up to one year** – Breast milk and/or formula

**Toddlers 1-2 years old** – Plain whole milk

**Children 2 years and older** – Plain fat-free and low-fat (1%) milk

By making the change from whole to fat-free or low-fat (1%) milk, you can cut the fat and calories without losing important nutrients.



# *SLOW* Drinks... Use Caution!

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

*100% fruit juice is a healthy choice, but many kids drink too much. This can lead to cavities and unhealthy weight gain.*

**The American Academy of Pediatrics recommends limiting 100% fruit juice.**

- **Infants up to one year** – 100% juice is not recommended
- **Children 1-3 years-old** – no more than 4 oz. per day (½ cup)
- **Children 4-6 years-old** – no more than 4-6 oz. per day (½ - ¾ cup)
- **Children 7-18 years-old** – no more than 8 oz. per day (1 cup)



## Serve kids fruit when they want something sweet.

Fruit is not only more nutritious than juice, it can also be hydrating.

### HOW MUCH FRUIT DO KIDS NEED EACH DAY?

Children 2-3 years old	1 cup
Children 4-8 years old	1-1 ½ cups
Girls 9-13 years old	1 ½ cups
Girls 14-18 years old	1 ½ cups
Boys 9-13 years old	1 ½ cups
Boys 14-18 years old	2 cups

### WHAT COUNTS AS 1 CUP OF FRUIT?

- 1 small apple
- 1 large banana
- 2 small oranges
- 1 small box of raisins
- 1 cup of canned peaches in fruit juice, drained

For more information visit  
[ChooseMyPlate.gov](http://ChooseMyPlate.gov).



# **SLOW** Drinks are healthy but only in small amounts.



Low-fat flavored milk is a **SLOW** drink. It has the same important nutrients as plain milk but with added sugar. Save flavored milk for special days.

Does your family like the taste of flavored milk? Try this recipe. **NO ADDED SUGAR!**

## Very Berry<sup>milk</sup>

**PREPARATION TIME: 10 minutes**

**COST PER SERVING: \$0.89**

**Makes: 4 servings**

Store covered in fridge. Good for 2 days.

### What you need:

- 2 cups strawberries, fresh or frozen (thawed, with juices)
- 4 cups low-fat milk\*
- Clean pitcher
- Big spoon

*This is the perfect recipe for a special occasion! Reuse the strawberry pieces by adding them to plain yogurt for a little sweetness.*



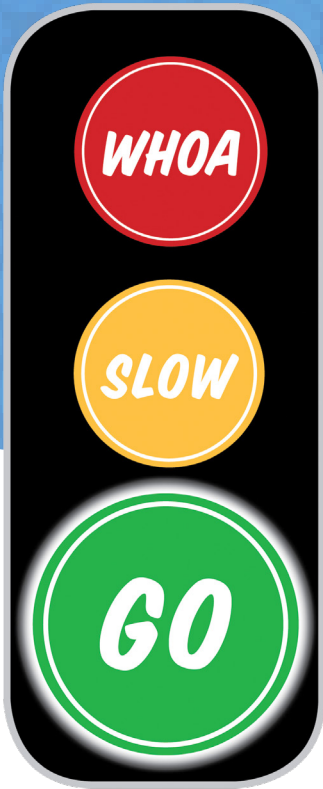
### Instructions

1. Wash your hands with soap and water.
2. Add the fresh or thawed, frozen strawberries to the pitcher. Use spoon to press the fruit against the side of the pitcher to release the juices.
3. Add the milk to the pitcher.
4. Stir gently using spoon.
5. Put the pitcher in the fridge for at least 2 hours or until contents are cold.
6. Remove any remaining strawberry pieces (to reduce the risk of choking) and set aside.

*Pour the flavored milk into glasses and serve.*

*\*This recipe is also delicious with unsweetened, unflavored soy milk.*

# Say YES to **GO** drinks!



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



**Fat-free and low-fat (1%) milk, and other low-fat dairy foods provide 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 cups

Children 4-8 years old      2 ½ cups

Children 9-18 years old      3 cups

## WHAT COUNTS AS 1 CUP OF DAIRY?

- 1 cup milk
- 1 cup yogurt
- 1 ½ ounces hard cheese
- 1/3 cup shredded cheese

*For more information visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov).*

## Can't drink milk?

Try a small amount of milk, yogurt, or lactose-free dairy milk. Unsweetened soy milk with added calcium is also a great choice.

**CAUTION!** Some non-dairy milk products have added sugar and are missing important nutrients. *Check the Nutrition Facts panel for added sugars.*





# GO drinks help kids stay healthy.

## One out of every two kids don't get enough water.

Without enough water, kids can feel weak, dizzy, and get a headache. Encourage your kids to drink water throughout the day to keep them hydrated and feeling their best.

Kids who drink plenty of water tend to drink less sugary **WHOA** drinks.

**GO** for water to keep your kids healthy and hydrated!

Healthy drinks can be delicious. Try this one!

## Tropical Sunrise

**PREPARATION TIME: 10 minutes**

**COST PER SERVING: \$0.12**

**Makes: 6 servings**

Store covered in fridge. Good for 3 days.

### What you need:

- 1 medium orange
- 1 medium lime
- 1 medium lemon
- Clean pitcher
- Big spoon
- Knife
- Cutting board

Try This!

Reuse the fruit slices by adding them to your next smoothie of choice!

### Instructions

1. Wash your hands with soap and water.
2. Wash the orange, lime, and lemon under cool running water.
3. Use the cutting board and knife to slice the orange, lime, and lemon in half and then into half-moon slices. Remove any seeds.
4. Add the fruit slices to the pitcher.
5. Fill the pitcher with 6 cups of cool tap water.
6. Stir gently using spoon.
7. Put the pitcher in the fridge for at least 2 hours or until contents are cold.
8. Remove the fruit slices (to reduce the risk of choking) and set aside.

Pour the flavored water into glasses and serve.

More recipes are available online at [RethinkYourDrinkNevada.com/recipes](https://RethinkYourDrinkNevada.com/recipes) and in select Nevada grocery stores.

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

## Try these simple changes:

### 1. **Make the healthy choice easy and convenient.**

- Don't buy sugary **WHOA** drinks as often. By limiting them in your home, you will make it easy for your kids to choose healthy drinks.
- Make cold water readily available. Keep a pitcher of water in the fridge.
- Bring along water when you and your kids leave home.

### 2. **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. Explain why it's important to their health.

### 3. **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. And remember to put the carton back in the fridge right after it's poured.
- Try the recipes at [RethinkYourDrinkNevada.com/recipes](http://RethinkYourDrinkNevada.com/recipes).

### 4. **Focus on progress not perfection.**

- Limit sugary **WHOA** drinks to special occasions.
- Keep track of the sugary **WHOA** drinks your kids consume. Use this information to set goals for your family.
- Limit the portion size of sugary **WHOA** drinks to less than one cup.

### 5. **Give kudos to the kiddos for making good choices.**

- Praise kids when they make a healthy drink choice. Everyone likes encouragement.

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



[RethinkYourDrinkNevada.com/recipes](http://RethinkYourDrinkNevada.com/recipes)

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