



Zero Sugary Drinks, More Water



What are sugary drinks?

- Any drink with sugar in it, including natural sugars from fruit or plants, added sweeteners like high fructose corn syrup, sugar, cane juice, or others.
- Sugary drinks include 100% juice, soda, juice drinks, fruit punch, lemonade, sweetened powdered drinks, as well as sports and energy drinks.

Why limit sugary drinks?

- Sugary drinks have a lot of calories. This makes it easy to drink more calories than your body needs before your body can tell you it's full.
- Drinking sugary drinks can lead to weight gain and cavities, and can increase the risk of diabetes, heart disease, and other chronic diseases in children.



What about 100% juice?

- 100% juice can have the same amounts of sugar as other sugary drinks and offers no health benefits over whole fruit.
- If you choose to serve 100% juice, limit serving sizes based on a child's age. The American Academy of Pediatrics recommends:
 - Under 1 year: no juice
 - 1-3 years: no more than 4 oz a day
 - 4-6 years: no more than 4-6 oz a day
 - 7-18 years: no more than 8 oz a day

Drink Water Instead!

- Water is fuel for your body. It is a zero-calorie drink and a healthy choice.
- Water keeps joints, bones, and teeth healthy and can help children stay at a healthy weight. Drinking water also helps mood, memory, and attention.
- Always carry a water bottle with you when leaving home.
- Fill a pitcher of water and keep it in the fridge to always have cold water ready.
- Try adding fresh lemon, lime, or orange wedges for some natural flavor. Or mix it up and try other fruits or vegetables like raspberries, strawberries or cucumbers.