

# Make Your Drinks Count

As kids grow, what they drink can help make them healthy and strong. You are a powerful influence in your child's life. Every time you choose a healthy drink, you are teaching your kids a habit they can use for life.

*Here's how you and your kids can make drink choices count:*



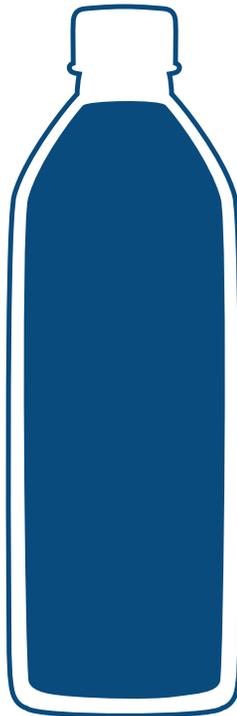
## Milk:

Choose low-fat (1%) or fat-free (skim) milk at meal and snack times. Milk has calcium, vitamins, and protein that you don't get from other drinks.

### How much each day?

Age	Amount
2-3	2 cups*
4-8	2 ½ cups*
9-adult	3 cups*

\* one cup of milk =  
8 ounces yogurt or  
1.5 ounces natural cheese



## Water:

Water is a good choice, especially between meals and snacks.

### How much each day?

- ▶ Drink water during the day to quench thirst and stay hydrated.
- ▶ Offer more water in warm weather and when your kids are active.



Use a water bottle to keep water handy.

## Juice:

If you choose juice, make sure it is 100% juice

### How much each day?

Age	Amount
1-6	½ to ¾ cup or less
7-adult	1 to 1 ½ cups or less



Choose whole or cut-up fruit instead of juice most of the time.



# What about....?

Use these facts to sort through all of your choices:

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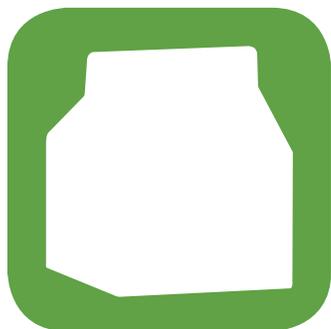


## Soda, coffee drinks, sports and energy drinks

- ▶ These sugary drinks have calories, but little or no nutrients.
  - ▶ Sports drinks are ok when kids are very active for more than one hour and on hot days.
  - ▶ Coffee and energy drinks are not ok for kids. They can contain large amounts of caffeine, which has serious health risks for kids.
  - ▶ The best source of energy is healthy food.
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## Juice

- ▶ 100% fruit juice can be part of a healthy diet, but only in small amounts.
- ▶ Drinking fruit juice isn't the same as eating fruit. Juice doesn't have fiber.
- ▶ Juice and other sugary drinks can cause tooth decay.

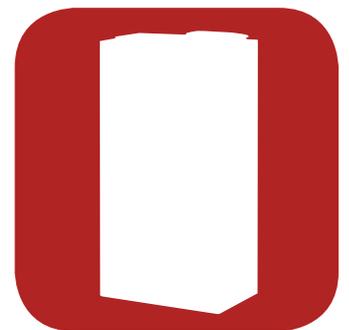


## Flavored milk

- ▶ Flavored milk has the same amount of protein, calcium and other nutrients. Chocolate is added for flavor.
  - ▶ At school, the flavored milk offered from the cafeteria is made with fat-free milk and less sugar. It has only 20 more calories than lowfat milk.
  - ▶ For a lower sugar choice at home, try mixing chocolate milk with unflavored milk.
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## Other milks

- ▶ Lactose-free milk has the same nutrition as milk, just no lactose.
- ▶ Alternative milks made from plants (soy, almond, rice and hemp) all have different amounts of nutrients, especially protein and calcium.
- ▶ Nutrients that are in cow's milk are sometimes added to other milks.
- ▶ Read labels carefully so you know what you are getting.



**Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.**