

Sweetened Drinks

Tips to limit your sweetened drinks!

It is important to limit sweetened drinks.

- They are not very nutritional and have too much sugar. **Examples are:** Kool-Aid, SunnyD and sports and energy drinks.
- It can help reduce risk of cavities.
- **Milk is good because it has calcium, protein, and vitamins A & D**—even flavored milk.
- These are a few of the better beverages:
 - Low-fat or fat-free milk
 - Water is great, drink it between meals
 - Calorie-free or sugar-free flavored water

Choose a goal that's right for you!

- I will start drinking a lower fat milk like fat-free (skim) or low-fat (1%) milk
- I will only have milk or water with my meals
- I will only drink water between meals
- I will only have one 4-6 oz glass of 100% juice a day
- _____

PARENT CORNER

If your child likes the taste of sweetened drinks:

TRY using calorie-free drink powder or sugar-free Kool-Aid and add those to water.

Below are the number of spoonfuls of 'added' sugar per 8 oz serving for each of these drinks.

Regular Soda



Fat Free (Skim) Milk



0

Fruit Punch (or Energy Drinks)



Low Fat Chocolate Milk



Sports Drink



Did you know...



1 teaspoon of sugar = **4 grams of sugar or 15 calories**

Sweetened Drinks

Tips to limit your sweetened drinks!

Child's Name: _____

Other Goal: _____

Cross off the boxes you did today	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I will start to drink a fat-free (skim) or low-fat (1%) milk							
I will only have milk or water with my meals							
I will only drink water between meals							
I will only have one 4-6 oz glass of 100% juice a day							
Other Goal							

Way to Think Your Drink! Awesome Job!