

Healthy Beverages for Kids

Kids
Can Do
it!



Kids and Sweetened Drinks

The kids are home... and their first stop is to grab a sweetened drink from the fridge. It's one of several bad habits that has built a nation of overweight kids. When it comes to health, kids and sweetened beverages are a bad match!

Did You Know?

- Kids who drink more sugar-sweetened drinks such as sodas, fruit drinks, sports drinks, and teas consume more calories and are more likely to be overweight than kids who drink fewer sugary drinks.
- Sugary drinks often displace healthful foods and beverages like milk and 100% fruit juice.
- Sugary drinks are the # 1 source of sugar in the American diet.
- 30% of all calories consumed daily are from sweetened beverages.
- U.S. teens drink twice as much sugary soda as milk.
- Drinking just one 20-ounce bottle of soda each day for a year can result in gaining 10 extra pounds.

Energy drinks are full of sugar, calories, and often caffeine.

A healthy diet, exercise, and a good night's sleep are the best energy boosters!

Water and Milk

First Choice, Best Choice

There's a lot of talk about getting kids to eat healthy, but what about getting them to drink healthy? What kids drink can drastically affect the amount of sugar and calories they get, as well as the amount of calcium consumed – which is needed to build strong bones. Because kids are drinking more sweetened beverages than milk these days, they are consuming too much sugar, too many calories, and too little calcium.

Better than Sugary Drinks...

- **Milk.** Choose 1% or skim. Beware of flavored milk - it's loaded with added sugars and extra calories. Milk should be the main drink served to kids with meals.
- **Water.** Water satisfies thirst without adding calories or sugar and keeps kids hydrated. Calorie-free flavored waters, seltzers, plain sparkling water, and club soda are healthy options. Not only is water calorie-free, but drinking it teaches kids to accept a low-flavor, no-sugar, no-cost beverage as a thirst-quencher. Water should be the main drink served to kids at snack times.
- **Fruit Juice.** Choose 100% juice and limit intake to about 1 cup per day. For more fiber and fewer calories, eat whole fruit instead of fruit juice.
- **Fruit Sparklers.** Add a splash of 100% fruit juice to plain sparkling water.
- **Iced Tea.** Keep a pitcher of unsweetened, decaffeinated iced tea in the refrigerator. There are many great herb teas that are packed with kid-friendly flavors.
- **Diet Soda.** While diet soda has no nutritional value, it may be a better option than regular soda. Drinking a can of diet soda rather than a regular soda saves about 150 calories.

Impact of Too Many Sugary Drinks

- Weight gain
- Cavities
- Low calcium intake
- Heart disease
- Diabetes

Put Limits on Juice!

To ensure kids aren't drinking too much juice and getting more calories than they need, the American Academy of Pediatrics recommends the following limits:

Age Range	Limit Juice to No More Than... (per day)
7 to 18 years	1 to 1½ cups (8 to 12 oz)
1 to 6 years	½ to ¾ cups (4 to 6 oz)
6 to 12 months	½ cup (4 oz)
Up to 6 months	No fruit juice

The Pros and Cons of Fruit Juice...

"I've heard that fruit juice is bad for kids because it's high in sugar and calories and contributes to obesity. But my kids really like fruit juice, and it's a good source of vitamins and nutrients. What should I do?"

- 100% fruit juice is rich in vitamins, minerals, and other great nutrients.
- However, the sugar content in 100% juice makes it high in calories, so intake should be limited.
- The sugar in 100% fruit juice is natural sugar, not ADDED sugar.
- When kids want a sweet beverage, choose 100% fruit juice instead of sodas, sweetened juice, fruit drinks (about 10% juice) or fruit-juice cocktail drinks.
- While 100% juice and sweetened fruit drinks may have about the same number of calories, kids will get more vitamins and nutrients from 100% juice.
- Some kids don't like eating fruit, so serving juice is one way to get them the fruit they need everyday, but keep in mind that juice lacks the fiber of whole fruit. Whole fruit is a better choice than juice.

Choose Healthy Beverages!

- Water & Milk – 1st Choice! Best Choice!
- Skip the Pop! Limit soda and other sugary beverages.
- Help kids learn to enjoy water as the thirst quencher of choice.
- Choose water or low-calorie beverages instead of sugar-sweetened beverages.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon.
- Drink zero calorie flavored waters or sparkling waters.
- Limit sport drinks! They are loaded with sugar and calories. Try reduced calorie sport drinks.
- Stock single-serving drinks at home for grab-n-go!
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8 oz. cans and bottles of soda which contain about 100 calories.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Watch out for high calorie drinks at the coffee shop such as lattes and frappuccinos. Order the smallest size available; request your drink be made with fat-free milk instead of whole milk; skip the whip, and if you like your beverage sweet, request a sugar-free flavoring.
- Be a role model by making healthy beverage choices.

Beverage	Size	Calories	Sugar (grams)
Water	1 cup (8 oz)	0	0
1% Milk	1 cup (8 oz)	100	11*
100% Orange Juice	1 cup (8 oz)	110	22 *
Sunny Delight Juice Drink (10% fruit juice)	1 cup (8 oz)	120	27
Powdered Drink Mix (sugar added)	1 cup (8 oz)	90	24
Soda	1 cup (8 oz)	100	27

* The sugar in milk and fruit juice is natural sugar, not ADDED sugar.

While 100% juice is a healthier choice than drinks with added sugars, you should limit your intake to avoid getting more calories than you need.

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