

STOP. RETHINK YOUR DRINK. GO ON **GREEN**.

For Kids

RED: *Stop!* Don't drink.



- Regular sodas
- Energy and sports drinks
- Fruit drinks
- 100% juice (over 4 ounces)

YELLOW: *Caution!*

Drink once or twice a week, if at all.



- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice (4 ounces or less)
- 2% milk (unflavored)

GREEN: *Go!* Drink plenty.



- Water
- Water with added fruit
- Skim or 1% Milk (unflavored)
- Unsweetened decaf tea





STOP and think about the calories and sugar in what you and your kids drink – did you know there are 10 teaspoons of sugar in a 12-ounce glass of 100% apple juice? That’s the same as in a soda! A child’s risk for obesity increases an average of 60% with every additional daily serving of soda.

Be Cautious of drinks that are NOT 100% healthy — like 100% Juice.

GO ahead and pick healthy choices like water for you and your kids.

Healthy Drink Choices for Kids

Milk: a good source of calcium and vitamin D, helps maintain strong bones

Children 1-2 years: 2 cups/day of whole or 2% milk

Children 2-8 Years: 2 cups/day of fat free or low-fat milk

Children 9 years and older: 3 cups/day of fat free or low-fat milk

Water: always a great choice for kids and adults of ALL AGES—it’s naturally sugar free!

What about 100% Fruit Juice?

100% fruit juice is packed with calories from the natural sugars found in it. Even 100% juice beverages can contain as much sugar as there is in a soda. 100% Juice is NOT 100% good for you. Eat whole fruits instead. Fruits are natural; there is NO JUICE in nature!

Tips for Making Healthy Drink Choices

Be a good role model for children – make water YOUR drink of choice.

Make sure that when others are caring for your child, they serve healthy drinks.

Choose unsweetened milk.

Drink water when you go to a restaurant, it’s free!

Take a refillable water bottle with you

Take a Pledge – to Rethink Your Drink

Take charge of your family’s health!

Choose one or more of the goals below and post your pledge where your entire family can see!

I pledge to:

- Serve water to my family
- Keep my family healthy by reducing sugary drinks at home
- Help make my school, workplace and community a place with healthy drink choices

Name: _____ Date: _____