

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 sodas
- Low-calorie, low-sugar drinks
- 100% juice (4 ounces or less)

GREEN: Go! Drink plenty.



- Water
- Water with added fruit
- Milk
- Unsweetened decaf tea



Stop and think about the calories and sugar in what you drink.

Did you know there are 9 teaspoons of sugar in a 12 ounce can of regular soda? If you drink just one can a day, that's a 40 POUNDS of sugar a year.

Be Cautious of drinks that are NOT 100% healthy. 12 ounces of 100% juice can contain as much sugar as a can of soda.

Go ahead and pick healthy choices like water.

Healthy Drink Choices for Kids

Milk: A good source of calcium and vitamin D, helps maintain strong teeth and bones. Fat free or low fat milk, unflavored, is best for most ages.

Water: Always a great choice for all ages— it's naturally sugar free!

What about 100% fruit juice?

100% fruit juice is more nutritious than other sugary drinks, but it is packed with calories from the natural sugars in it. 100% juice is NOT 100% good for you.

Tips for Making Healthy Drink Choices

- Make water your drink of choice.
- Choose unsweetened milk.
- Drink water when you go to a restaurant, it's free!!
- Take a refillable water bottle with you wherever you go.

Take a Pledge—to Rethink Your Drink

Take charge of your health!

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

I pledge to:

- Drink more water and fewer sugary drinks
- Stay healthy by brushing, flossing and visiting my dentist regularly
- Be a good example in school and in my community by choosing healthy drinks

Name: _____ Date: _____