Make Every Sip Count... More Healthy Beverages!

fit families

• be active • eat healthy • drink water

This institution is an equal opportunity provider.

To be sure all your "sips" contribute to a healthy diet, pick a goal to work on:

How To Get Your Kids To Drink More Water:

- Keep a fun, colorful water bottle available for your kids when you're on the go.
- Add fruit slices to a glass of water such as lemons, limes, oranges, or strawberries.
- Add water to 100% juice to dilute it.
- Freeze juice ice cubes and add them to water to make it fun and flavorful.
- Keep a water pitcher in the fridge so it tastes more appealing.
- Drink water along with your kids. They are always watching you and you are the perfect role model for them!

Test Your Beverage Knowledge:

Which beverage should be limited in your child's diet?

Soda, energy drinks, sugary drinks, and sports drinks which are high in sugar and calories. Examples: Kool Aid, Capri Sun, Sunny Delight, "Bug Juice", Gatorade, Powerade, Monster

What is the best beverage to replenish fluids and quench thirst?

Water; In most communities, tap water is safe and recommended and less expensive than bottled water. We may not know the safety of bottled water and how it is sterilized.

How much sugar does a 20 oz. soda contain?

It contains 17 teaspoons of sugar and 250 calories from sugar alone. This can lead to cavities and weight gain.

Do you think it's possible to drink too much milk or juice?

Yes, too much juice could lead to diarrhea or tooth decay and eating less food. Too much milk can fill kids up and ruin their appetite. They may then miss out on other key nutrients such as iron.