



Drink water. Have 0 sugary drinks.

Soda, fruit drinks, sports drinks, energy drinks, and fruit juice usually have lots of sugar and sometimes caffeine. Even 100% juice has a lot of sugar! Regularly drinking sugary drinks may cause cavities and excess weight gain.

**Kids should drink water when they're thirsty,
and water or low-fat milk (skim or 1%) with meals.**

What about diet drinks?

Artificial sweeteners get kids to expect foods and drinks to be sweet. And since their long-term safety is not fully understood, it is best to avoid them.

My child is very active, so I give her sports drinks.

Sports drinks are helpful only for high intensity activity that lasts longer than 1 hour. For normal play, a healthy snack with water is a better way to refuel.

Think of sugary drinks as a treat, not something to drink every day.



Healthy Drinks for STAR kids!