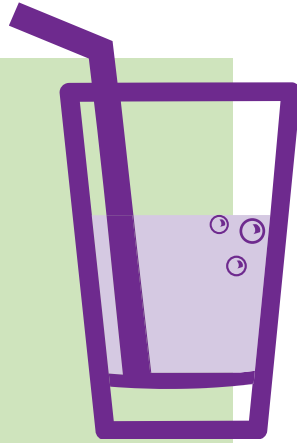


# No Sugary Drinks

Water with meals, snacks, or whenever thirsty!

## What counts as a sugary drink?

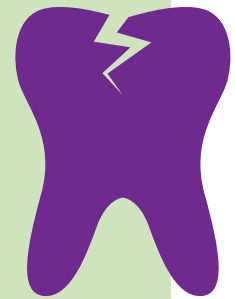
- Soda
- Juice and fruit drinks
- Sports drinks
- Energy drinks
- Sweetened Iced tea
- Powder drink mixes



## Did you know?

Children who have too much sugar are at risk for:

- Unhealthy weight gain
- Type-2 diabetes
- Tooth Decay



## Drinking plenty of water keeps bodies healthy!

- 1** Beware! Even 100% juice can contain high amounts of sugar, sometimes as much as soda!
- 2** Send a water bottle with your child when they are at day care or school.

# No Sugary Drinks

## Tips Sheet

Offer your kids water instead of sugary drinks.



- Don't buy sugary drinks. If they aren't in the house, your kids can't drink them!
- Encourage your kids to drink plenty of water while they are playing or doing sports.
- Have sugar-free drinks when you eat out –and restaurants always serve water!



### Drinking plenty of water keeps bodies healthy!

- 1** Add fresh fruit like lemon, lime, strawberries or oranges to water.
- 2** Buy carbonated or seltzer water to get the bubbles from soda without the sugar or calories!
- 3** Blend together frozen berries, ice and mint for a refreshing treat.