

# Drinks

## WHAT SHOULD I DRINK?

- DRINK WATER - at least 4-6 cups a day.
- Drink 2-3 cups of 1% or skim milk a day. (1 cup = 8 oz = 1 carton)

## DRINK MORE WATER

- Carry a reusable bottle of water.
- If you don't like plain water, add slices of fruit like lemons, limes, or oranges to the water.
- Try sugar-free, flavored waters (Propel™, Dasani™, Fruit 2 O™.)
- Flavored waters that contain vitamins are not recommended. This vitamin content may be too much for children.
- Order water with your restaurant meal.
- Tap water is free!

## WHAT DOES WATER DO FOR US?

- Water is one of the most important nutrients in the body.
- Water cools the body.
- Water helps digest foods.
- Water improves skin complexion.

## WHAT ABOUT DIET SODA?

- Diet soda does not contain sugar but it can still contribute to cavities.
- When you drink diet soda, you are not drinking milk, which is important for strong bones.
- If you do drink diet soda, limit to 1 serving a day.



## DRINK MILK



- Milk contains Calcium and Vitamin D which make your bones strong.
- Children & adolescents who don't consume dairy foods may not meet their calcium needs.
- Skim and 1% milk are recommended for children 2 years and older. They contain the same nutrients as 2% and whole milk.
- If you don't like plain milk, try a skim, sugar-free flavored milk for one of your servings.

## Don't like milk or it hurts your stomach?

- Try to eat 3 servings a day of other high calcium foods such as - low-fat cheese, low-fat cottage cheese, non-fat/lite yogurt, tofu, part skim ricotta cheese, canned salmon with bones, or enriched soy milk.
- Try milk in smaller amounts - about a 4 ounce glass.
- If you cannot eat these calcium rich foods, talk to your doctor or a dietitian for a calcium supplement recommendation.

## LIMIT YOUR SUGARY DRINKS

- Avoid drinks with sugar such as Kool-Aid™, soda and fruit drinks (Sunny Delight™, Gatorade™, Capri Sun™)
- Fruit juice has vitamins but can have as many calories as soda.
- If you do drink juice, limit to 8 oz of 100% fruit juice a day.
- Better yet - choose fruit to eat to get the same nutrients plus fiber.
- Choose decaffeinated beverages.

**MY GOAL:** Drink \_\_\_\_\_ servings of \_\_\_\_\_ milk a day.  
Drink \_\_\_\_\_ servings of water a day.

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## DID YOU KNOW?

- Today, teens drink three times more soda than 20 years ago, often replacing milk or water.
- In the U.S., the average person drinks 55 gallons of soda a year which can result in a large weight gain.
- A 12 oz can of soda contains 10 teaspoons of sugar.
- A supersized drink may contain 1 cup of sugar.
- How many servings are in your drink?



## DON'T BE FOOLED!

- Water is best for hydration.
- Sports drinks like Gatorade™ and Powerade™ contain sugar, sodium, and calories.
- Drinks in a jug, pouch, or juice box may not be 100% fruit juice and may contain high fructose corn syrup or sugar. Sunny Delight™, Capri Sun™, Snapple™, Tropicana Twister™ are types of sugary drinks.
- Energy drinks are like sports drinks, but also contain caffeine, other stimulants and herbal ingredients that are not recommended.

## TEEN HEALTH

- Avoid energy drinks - they contain caffeine, sugar, and no nutrients.
- Your body may lose calcium when you drink a caffeinated beverage.
- Caffeine may cause you to be nervous, affect your attention span, and disturb your night time sleep.
- Try decaffeinated coffee drinks with skim milk.
- Try decaffeinated tea or herbal decaffeinated tea flavored with lemon.
- Choose decaffeinated soda if choosing soda to drink.

**MAKE THE RIGHT CHOICE  
FOR GOOD HEALTH**

