

Limit Sugar-Sweetened Beverages

Why limit sugar-sweetened beverages?

- Sugar-sweetened beverages offer no nutrition but do add lots of extra calories and sugar
- Sugar-sweetened beverages raise the risk of cavities and dental damage
- Sugar-sweetened beverages often replace milk, which contains many nutrients for good health
- Energy drinks contain sugar plus caffeine and other harmful ingredients
- Energy drinks are not recommended for children and teens

Limit Sugar-Sweetened Beverages: Here's What Your Family Can Do

- Drink milk, water, and other low-calorie beverages every day
- Serve low-fat milk with meals
- If your child won't drink white milk, give them 1% flavored milk instead
- Limit juice to only 100% juice, 4-6 ounces per day
- Don't buy sugary drinks for the home
- Serve water between meals

Drink Milk for Better Nutrition

- Milk provides calcium, protein, and vitamins A and D that help kids and adults maintain a healthy diet and improve bone health
- The American Academy of Pediatrics recommends that children get 3 servings and teens get 4 servings of milk a day (one serving = 8 oz.)

For More Information

- www.kidshealth.org/parent
- www.mypyramid.gov
- www.cdc.gov/NCCdphp/dnpa/healthyweight/healthy_eating/drinks.htm
- <http://children.webmd.com/features/children-and-sweetened-drinks-whats-a-parent-to-do>

Information provided in this sheet was adapted from www.kidshealth.org, Journal of Adolescent Health, and Journal of the American College of Nutrition.

Quick Tips

You can determine if your drink contains additional sugars by reading the ingredient list. Sweeteners listed on an ingredient list go by many different names. The ingredients below show that a beverage is sweetened and will add calories to your beverage.

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose

Instead drink

- water or other calorie free beverages to quench your thirst
- diet soft drinks or juice drinks instead of regular soft drinks and limit to special occasions
- low sugar sports drinks over regular sports drinks, and only if you have had intense exercise



Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- I will drink water between meals
- I will switch to a lower fat milk
- I will only drink 100% juice, 4-6 ounces a day

Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

