



**SUGARY DRINKS,
MORE WATER
& LOW FAT MILK**

Choose Water First!



Put Limits on Juice

- Juice products labeled “-ade”, “drink”, or “punch” often contain 5% juice or less.
- Always try to choose whole fruits over juice.
- Juice should be limited to **4-6 ounces per day** and be 100% juice.
- Make changes slowly by adding water to juice.

What About Sports Drinks?

Sports drinks are **special** drinks designed to replace water and minerals lost when active for more than **one** hour.

Drinks like Gatorade and Powerade **contain both sugar and salt** and should not be an ‘every day’ drink. Save those options for when your body truly needs them!

Notes: _____



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Water is fuel for your body and mind; it helps you move and grow!

Water is the most important nutrient for active people!

Kids who eat healthy, drink enough water, and sleep well will have energy for all their sports and activities.

Water helps your body stay cool and keeps your muscles and brain working.



Rethink Your Drink!

Each drink and food contain the same amount of sugar!



Notes:

‘Hydrated’ means your body has enough water to stay active and work well.



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More than half your body is made of water! Drink plenty of it throughout the day to keep your body healthy!

Make Water Fun!

- ◊ Pick a fun cup or bottle to use just for water
- ◊ Use a silly straw
- ◊ Add sliced fruit or vegetables– try oranges, lemons, limes, apples, melon, berries, or cucumber
- ◊ Make fruit ice cubes
- ◊ Try sparkling or no-sugar flavored water

Notes:

Fruit Ice Cubes

Supplies:

- ◊ Fruit– the juicier, the better
- ◊ Bowls
- ◊ Masher
- ◊ Spoon
- ◊ Ice cube trays
- ◊ Freezer



Directions:

- 1) Place your fruit in a bowl
- 2) Mash the fruit until there is plenty of juice
- 3) Spoon the juice and fruit into ice cube tray
- 4) Freeze until solid
- 5) Place fruit cubes in a cup, fill with water, and enjoy!



You can also place whole berries or fruit slices directly in an ice cube tray, cover with water, and freeze.