



What to Know about Healthy Beverages



- ✓ Healthy beverage choices include water, low-fat milk, and 100% juice.
- ✓ Milk gives our bodies important nutrients like calcium and Vitamin D.
- ✓ Read your juice labels; if it does not state 100% fruit juice, then it may be loaded with lots of sugar.
- ✓ Water quenches thirst without adding calories or sugar and keeps kids hydrated. Calorie-free flavored waters, seltzers and plain sparkling water are healthy choices.
- ✓ Limit sport drinks! They are loaded with sugar and calories.
- ✓ Watch out for high calorie coffee shop drinks such as lattes and frappuccinos. Order the small size made with non-fat milk and skip the whip.
- ✓ Be a role model by making healthy beverage choices.

Put Limits on Juice!

To ensure kids aren't drinking too much juice and getting more calories than they need, the American Academy of Pediatrics recommends the following limits:

AGE RANGE	LIMIT JUICE TO:
7 to 18 years	1 to 1 ½ cups
1 to 6 years	½ to ¾ cups

Your Kids will LOVE a Fruit Fizzy!

Add a splash of flavored seltzer water to your favorite 100% juice.



