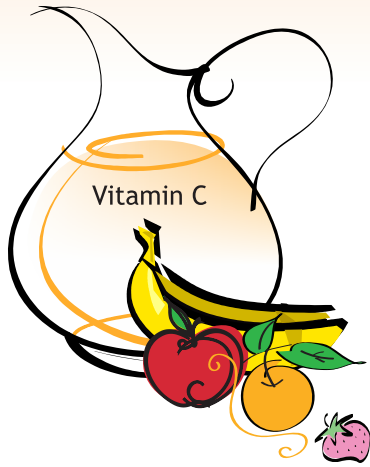





100% FRUIT JUICE



**LIMIT
FRUIT
JUICE
TO 2-4
OUNCES
A DAY**

Juice is a concentrated form of whole fruits, so give only one small serving of fruit juice one time a day.

 ½ cup juice = 1 orange

 1 cup juice = 2 oranges  

Do not put extra water in the juice and serve it throughout the day. It bathes the teeth in sugar all day and can cause tooth decay.



Do not put juice in a bottle.

Only Drink One Small Serving of
Juice One Time a Day

DRINK COOL REFRESHING WATER



Water helps your child stay cool and healthy. Water is inexpensive, convenient and does not stain when spilled.

Tap water tastes better cold. Keep water in the refrigerator.

💧 Tap water helps prevent tooth decay because it is likely to have fluoride. Fluoride makes teeth strong.

💧 Tap water is regulated and can be safer than bottled water.

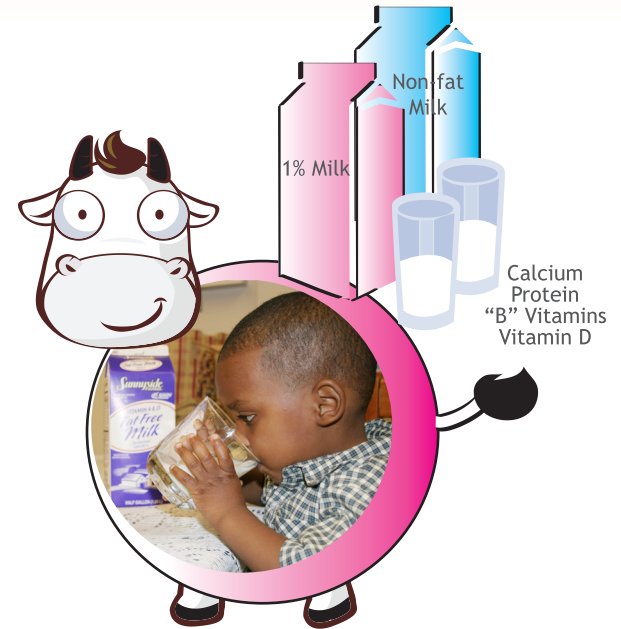
💧 Tap water saves money. You can refill your glass 300 times for the same price as 1 bottle of water.

💧 Tap water saves the environment by keeping plastic bottles out of landfills.



Drink Tap Water All day

LOW-FAT OR NON-FAT MILK



Milk builds strong bodies, bones and teeth.

Non-fat and low-fat milk have better nutrition and the same amount of Vitamin D as whole milk.

Non-fat and low-fat milk are recommended for all children over 2 years old.

Children need milk 3 or 4 times a day. (About 16 ounces total). Why not serve milk with every meal?



No bottles of milk for children over 1 year old.

Drink Milk 3-4 times a day









HOW DO SWEET DRINKS HURT OUR CHILDREN?

Children who drink sweet drinks may:

- Be too full to eat healthy foods
- Gain too much weight
- Be at greater risk of diabetes
- Get tooth decay



LOOK AT THE SUGAR AND THE CALORIES IN THESE SWEET DRINKS

	Soda	Orange Drink	Sweetened Tea Drink	Tamarindo	Big Pouch	Grass Jelly Drink	Sports Drink	Water
								
	20 oz.	16 oz.	16 oz.	13.5 oz.	11.25 oz.	11 oz.	20 oz.	
Calories	240	260	220	186	152	143	140	0
Teaspoons of Sugar	17	15	13	12	9.5	8.6	9	0

Courtesy of BANPAC

Drinking even small amounts of sweet drinks or soda every day can hurt children.

Drinking one 12 ounce can of soda a day can result in a 15-pound weight gain a year.

Just one soda per day can cost about \$300 a year.

HOW CAN I SERVE HEALTHY DRINKS TO MY FAMILY?

- Drink tap water.
- Stop buying sports drinks, sodas and juice drinks.
- Make water “handy” for children to serve themselves. Fill cups and bottles of water “to go.”
- Keep water cold in the refrigerator.
- Serve water with ice and fruit slices or frozen fruit.
- Get colorful water bottles and cups to refill with water.
- Limit the use of chocolate or strawberry flavors in milk. Add fresh or frozen fruit instead.



Have Fun and Be Healthy



CHOOSE HEALTHY DRINKS



Say “**NO**” to a future of tooth decay, diabetes and overweight.

Say “**NO**” to sweet drinks.



Special thanks to BANPAC