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Drink less sugar. Try water & low fat milk instead of soda and drinks with lots of sugar.

5210 Every Day!

- 5 or more servings of fruits & vegetables
- 2 hours or less recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks, more water & low fat milk

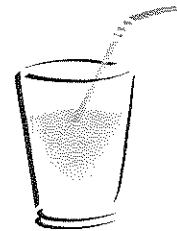
Soda has no nutritional value and is high in sugar. Just nine ounces of soda has 110-150 empty calories. Many sodas also contain caffeine, which kids don't need. Energy drinks are NOT sports drinks and should never replace water during exercise.

ENCOURAGE LOW FAT MILK INSTEAD OF SUGAR-SWEETENED DRINKS.

According to the national dairy council:

- ✓ Children ages 4-8 years old should be consuming three 8-ounce glasses of milk or other dairy each day.
- ✓ Children ages 9-18 years old should be consuming four and a half 8-ounce glasses of milk or other dairy each day.

The recommendation is that children over the age of two drink low fat milk. Gradually make the change from whole milk to low fat milk.



WATER IS FUEL FOR YOUR BODY:

Water is the most important nutrient for active people.

Between 70-80% of a child's body is made up of water.

When you exercise, you sweat, and when you sweat you LOSE water and minerals – it is important to replace the water you lose when you sweat.

Water is the #1 thirst quencher!

Keep bottled water or a water bottle on hand.

Add fresh lemon, lime, or orange wedges to water for some natural flavor.

Fill a pitcher of water and keep it in the fridge.

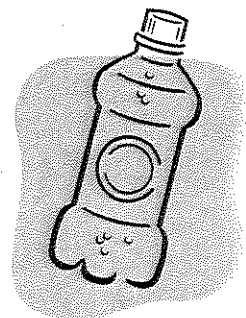
Drink water when you're thirsty. It's the best choice.

Cut back slowly on sugar-sweetened drinks.

Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

PUT LIMITS ON JUICE

- ✓ Juice products labeled "-ade," "drink," or "punch" often contain 5% juice or less. The only difference between these "juices" and soda is that they're fortified with Vitamin C.
- ✓ Always try to choose whole fruits over juice.
- ✓ If you choose to serve juice, buy 100% juice.
- ✓ Each day, juice should be limited to:
 - 4-6 ounces for children 1-6 years old
 - 8-12 ounces for children 7-18 years old
 - No juice for children 6 months and under
- ✓ Make changes slowly by adding water to your child's juice.
- ✓ Suggest a glass of water or low fat milk instead of juice.



BE A ROLE MODEL:

Grab a glass of water instead of soda. ❖ Try mixing seltzer with a small amount of juice.