

Questions:

1. Do you drink regular soda?
2. Do you drink juice?
3. Do you drink more than three cups of milk per day?
4. Do you like water?

DRINKS

What to drink?

Milk

- 1-2% milk. Whole milk has too much of the unhealthy type of fat, and skim milk has too little fat (and therefore does not help you feel “full” and satisfied).
- Calcium in the milk is the building block for strong bones. However, the bones can only use one glass at a time so just drink one glass at a time
- Drink a maximum of three cups of milk per day.
- Never go to bed without brushing your teeth, especially after a glass of milk.
- If you drink chocolate milk:
 - Do not buy pre-made chocolate milk as it is very high in sugar.
 - Add just enough sugar free or regular chocolate powder to make your milk brown.

Water

- Always the best choice!
- Try sparkling water to add variety.
- Try water with lemon or lime wedges.

Juice and soda

- ALL types of juices and regular sodas are going to be high in calories and sugar (9 -15 sugar cubes per cup!)
- For a child sensitive to extra calories they can gain as much as one pound per month from just one cup of juice or soda per day. In a year that adds up to 12 pounds, which is way too much for proper growth.
- The high dose of sugar in the liquids is like a dose of “make me feel hungry again”. The sugar roller coaster is explained in the “Choosing healthy carbohydrates” handout.
- If you feel like juice or soda is a “must” on a daily basis, keep the portion to a maximum of four ounces per day. If you have it once in a while outside of the home, think of it as a treat and enjoy!



Artificial sweeteners

- Diet drinks and sugar free drinks typically have artificial sweeteners. Artificial sweeteners have been shown to be safe if not consumed in VERY large quantities. Artificial sweeteners allow for some sweetness in the drinks without adding a large amount of wasted calories. Artificial sweeteners make it easier to achieve a healthy weight. It is always a family's choice whether or not to include these in moderation in the day.
- Example drinks that are calorie and sugar free but contain artificial sweeteners are Crystal Light™, Fruit₂O™, Diet Snapple™, diet doda, and Kool-Aid-Jammers-10™.

When to drink

- Limit drinking to one cup with meals. Liquids turn the food in your stomach into a slush mixture which will make the food leave the stomach more quickly, which may in turn make you feel hungry again more quickly.
- Drink lots of water *between* meals to keep your stomach feeling satisfied and to stay hydrated.
- Be sure to stay hydrated during physical activity!

During sports

- Water is the best choice.
- If you are engaging in a high intensity endurance activity for more than 60-90 minutes, you may benefit from a fluid that includes carbohydrates, such as diluted juice or a sports drink. The sugar in sports drinks provides you with the carbohydrate fuel your muscles need to continue exercising at top levels.
- Instead of a high sugar sports drink, try Propel™.

My new goals...

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

- 1
- 2
- 3
- 4
- 5

