

Think about what you drink.

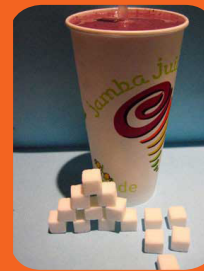
Check out the sugar and fat in your family's favorite beverage.



Fruit juice contains 6 teaspoons of sugar in an 8 oz. serving or 12-15 teaspoons of sugar in a 20 oz. serving.



A typical 20 oz. soft drink, sweetened tea, lemonade or sports drink will contain 15-20 teaspoons of sugar or 320 calories.



A typical 20 oz. milk shake, frappuccino or smoothie may contain 2-3 teaspoons of fat, 15-20 teaspoons of sugar and 500-700 calories.

Tally the sugar in your drink. It can add up!

- High sugar drinks take away a child's appetite for other healthy foods.
- Sugar provides calories, but not the vitamins or minerals children need to grow well.
- Re-size your portions. When you do enjoy a sweet beverage, serve 4 or 8 oz. instead of 20 oz.

High sugar drinks take away a child's appetite for other healthy foods.

Pick a better beverage.

➡ Low-fat milk has the same vitamins and minerals as whole milk, but without the fat. Children over the age of 2 should drink 1% or skim milk.

Water is the beverage of choice at snacks and between meals.

➡ Serve it cold and enjoy the crisp clean flavor. Add fresh fruit or vegetables like strawberries, lemon and orange slices or cucumber for added fun and flavor.

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