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.

Your Family Child Care Provider and the Child and Adult Care Food Program (CACFP)

Partners in Quality Child Care and Nutrition Services

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