

## sweet drinks



Today's children drink a lot of sugary drinks such as soda, fruit drinks, sport drinks and other drinks with added sugar.

**This is not good!**

## what's the problem?

There can be a lot of calories in sweet drinks. A small child can become overweight from what he drinks, not what he eats.



A 12 ounce can of soda has 150 calories. An average preschool child needs only 1400 calories each day. If a preschool child drank 1 can of soda every day in addition to his normal diet, he could gain an extra pound each month or 15 extra pounds in a year above his normal growth.

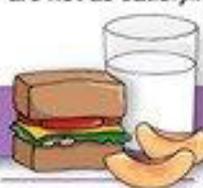
### too much sugar

A 12 ounce can of soda has 10 teaspoons of sugar. You don't want your child to eat 10 teaspoons of sugar for a snack. **All this sugar can cause cavities in your child's teeth.**

### too little nutrition

A child who drinks lots of sweet drinks is probably not drinking enough milk. His diet can be low in calcium, vitamin D and protein.

Small children usually eat when they are hungry and stop eating when they are full. However, drinking sugary drinks is not the same as eating solid foods. **The calories in sugary drinks are not as satisfying as the calories in solid foods.**



Some children will eat a normal size meal even after drinking a large number of calories.

**Serve milk, not sugary drinks at meals.**

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## drink more water

Make water the first choice for your child. It's a healthy habit for your child to learn early in life.

Drinks too many sugary drinks every drink should be sweet. Often - help your child to a taste for water.

## the refrigerator

Sweet drinks, sport drinks with added sugar at home. If there is your home, to drink them. Cold water in your child will 'special water'.



## role model

Want to drink what he sees. Drink water with your child. Only to rare occasions.

## fruit juice

It can add up to a lot of extra calories, and can ruin a small appetite for solid foods. **6 ounces or less each day.** Whole fruits instead of juice.

## stick on fruit and veggies

Naturally high in water and by a small child's thirst

Cut and out an apple into slices. and eat with a spoon. tangerine segments. es into ces.



your child as important as what he eats.

Also general nutrition information. obtained from your health care provider. K533