

## Choose Your Drink Wisely

- Many popular drinks are very high in sugar and calories. When they are consumed regularly, they can lead to weight gain and cavities.
- Small children are usually good at controlling how many calories they eat. They tend to stop eating when they are full and only eat when they are hungry.
- However, drinking sugary drinks is not the same as eating solid food. Studies have shown that 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.
- Children can become overweight from the amount of extra calories in their drinks. Only serve milk or water with meals and snacks, sugary drinks should be left as an occasional treat.
- Small children may develop cavities from drinking sweet drinks. Bacteria use sugar to make cavities in children's teeth.
- Children who drink lots of sweet drinks are probably not drinking enough milk. Their diets can be low in calcium.
- A 12 oz. can of soda have 150 calories. An average preschool child needs only 1400 calories per day. An extra can of soda every day can add up to 1050 calories in a week! At that rate, a preschool child can gain an extra pound each month or 15 extra pounds in a year.

## Healthy Beverage Tips

1. Limit Sweet Drinks
  - Limit soda, sweetened beverages like Kool Aid, Hawaiian Punch, and Sunny D. These beverages should be a "treat" to drink, and not consumed every day.
  - Limit 100% fruit juice to one serving per day: Adults 8 oz/ day and children 4-6 oz daily.
2. What kind of milk are you drinking?  
Anyone over the age of 2 years should drink low-fat milk (1% or skim.)
3. Why should your family drink low fat milk?
  - Whole milk and 2% milk are high in saturated fat and cholesterol which can lead to heart disease.
  - Whole milk and 2% milk have extra calories that can lead to overweight and obesity.

*(continued on next page)*

*Did you know?*

- All types of milk have the same amount of calcium, protein, and vitamin D?
- The only differences between the high-fat and low fat milk is the amount of fat, cholesterol, and calories.

**See how your milk compares to the other types. Nutrients in 8 oz. Milk:**

Type of Milk	Calories	Total Fat	Protein	Calcium
Fat Free Milk	90	0	9	30%
1% Low-Fat Milk	120	2.5	11	35%
2% Reduced Fat Milk	130	5	10	30%
Whole Milk	160	9	8	25%

4. Drink water more often

- Add lemon or orange slices to make it fancy! Or add a splash of juice to add some flavor.
- Offer water, instead of juice, between meals
- Add water to juice
- Keep a pitcher of water in the refrigerator, so it is good and cold when you want it.

**The information above comes from the following sources:**

- California Department of Public Health WIC Program - Think Your Drink publication
- Milwaukee County WIC "Drink Low-Fat Milk" Nutrition Education Module
- WI Dept of Health Services, Div of Public Health, P-00136