



## I AM THIRSTY

We know it is important for kids to eat healthy foods. Remember, beverages you offer provide calories and important nutrition, too! Help your child get in the habit of drinking healthy beverages with these tips.

### 1. ENCOURAGE WATER

- Offer water between meals.
- Be a role model – if your child sees you drinking water, they will be more likely to try it too!
- Make drinking water fun by offering it in a special cup!
- Serve it cold!
- Bring along water in a cup or water bottle.

### 2. MONITOR MILK INTAKE

- Kids need about 2 cups (or 16 ounces) of milk a day to keep them healthy. More than that amount will fill up a small tummy and your child may not be hungry for meals.

#### TIP

Drink milk at mealtimes. Offering milk during meals will ensure your child gets enough calcium.

### 3. LIMIT JUICE

- Offer only 100% juice.
- Limit juice to about ½ cup (4 ounces) a day. Kids love juice because it is sweet, but too much juice can add extra calories. Juice has natural sugars that can cause tooth decay.



#### 4. SERVE REFRESHING TREATS

- Frozen fruit can be a great way for kids to stay hydrated and get a healthy snack.
- In the summer, try making your own popsicles with fresh fruit or juice for a cool treat.



#### 5. LIMIT SUGARY DRINKS

- Avoid beverages with lots of sugar like pop, fruit drinks, Kool-aid and sweet tea. Sugary beverages have a lot of calories, do not quench thirst and can harm your child's teeth. Even artificial sweeteners and diet drinks are hard on teeth.
- Skip the sport drinks. Sport drinks have lots of sugar, are expensive and unnecessary.

#### TIP

Kids just need water when they are active and playing!

