

Wellness Tips for Alaska's Young Children

Healthy Drinks

Drinking water and milk helps kids build healthy bones, healthy bodies and good habits for a lifetime. Sugary drinks include powdered mixes, fruit-flavored punches, sodas, sweet teas, vitamin, sports and energy drinks. **Just one sugary drink can contain more sugar than your child should have in one day**

Too much sugar can lead to:

- Cavities
- Type 2 diabetes
- Obesity
- Heart disease

Which drinks are best for my children?

- **Birth to 1 Year:** Breast milk or iron-fortified formula only
- **1 to 2 years:** Water, pasteurized whole milk, less than ½ cup of 100% fruit juice daily
- **2 to 6 years old:** Water, pasteurized fat-free (skim or nonfat) or low-fat (1%) milk, less than ¾ cup of 100% fruit juice daily

Tips for Parents

- **Make a new rule:** No sugary drinks in your house.
- **Save sugary drinks** for special occasions.
- **Send a refillable water bottle** to school or day care with your kids.
- **Try lactose-free milk or fortified soy milk** if your children can't drink cow's milk.

It starts with me!

Increase the amount of water YOU drink and be a good role model.



Read the label.

Check the back of the bottle to see how much added sugar is in your drink.

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Add healthy drinks to your daily routine

- **Serve water** to thirsty kids between meals and snacks.
- **Keep pitchers of water or bottles** of sparkling water (with no added sugar) in the fridge at all times.
- **Pour just a splash** of 100% fruit juice into a cup of sparkling water.
- **Make water tasty** with sliced lemon or lime, berries or mint.
- **Make water fun** by serving it in a favorite cup or with a silly straw.



Keep it simple!

Chocolate and other flavored milks have added sugars. Serve plain, unsweetened milk.

For more information on healthy drinks, visit:

- **10 Tips: Make Better Beverage Choices:**
www.choosemyplate.gov/ten-tips-make-better-beverage-choices
- **American Academy of Pediatrics, Healthy Children:**
www.healthychildren.org
- **Play Every Day:**
Get the Facts About Sugary Drinks:
www.PlayEveryDay.alaska.gov/Cutting-Back-on-Sugary-Drinks-Improves-Health



A 20-ounce bottle of soda could have 16 teaspoons of added sugar. That is the same amount of sugar as in 16 chocolate mini doughnuts.

You wouldn't want your child to eat that much sugar, so why let them drink it? Serve water or low-fat milk instead.



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