



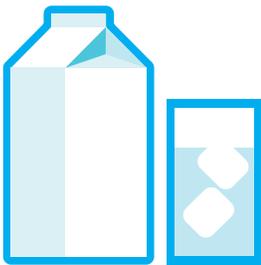
Q: How do little kids get most of their added sugar each day?

A: They drink it.

Just ONE sugary drink can have more sugar than your child should have in one day. Replace sugary drinks with healthier options.

Serve healthy drinks to your children.

Drinking water and milk helps kids build healthy bodies and strong bones. Choosing healthy drinks early on helps start good habits that last a lifetime.



- **1–2 years old:** Serve water and pasteurized whole white milk.
- **2–6 years old:** Serve water and pasteurized fat-free (skim or nonfat) or low-fat (1%) white milk.

Serve water or milk instead of sugary drinks to decrease their chances of developing:

- Cavities
- Heart disease
- Type 2 diabetes
- Unhealthy weight gain

One drink can hide a lot of added sugar.



12 oz. soda
10 teaspoons



10 oz. fruit drink
8 teaspoons



8 oz. powdered drink
6 teaspoons



8 oz. chocolate milk
3 teaspoons



8 oz. white milk
no added sugar



8 oz. water
no added sugar



Water and white milk have NO added sugar.

Three steps to help you serve healthy drinks

1. Don't let that bottle fool you.

Drinks can be loaded with added sugar, even when they:

- Have a fruit in their name – like cranberry or raspberry.
- Say they are organic.
- Have “100% vitamin C” written on the label.



A drink can have a fruit in its name and NOT be made with any fruit juice. Some fruit drinks can have a small amount of fruit juice, but they still have a **large amount of added sugar**.

Organic drinks often have the same amount of sugar as non-organic drinks. Both organic and non-organic drinks with added sugar can lead to health problems in little children.

2. Look for that hidden sugar.

Added sugars can be tricky to spot because these sweeteners go by many different names:

- Agave nectar
- Brown rice syrup
- Cane sugar or juice
- Corn syrup
- Fructose
- Fruit juice concentrate
- Fruit nectar
- Glucose
- High fructose corn syrup
- Honey
- Malt syrup
- Sucrose

Read the label. Check the back of the bottle to see how much added sugar is in your drink. **If sugar or any other sweetener is listed in the first three ingredients, your drink is likely loaded with sugar.**

3. Make healthy drinks an easier option.

- Decide not to buy sugary drinks or have them at home.
- Send your kids to child care or school with a refillable water bottle.
- Keep pitchers of water or unsweetened bubbly water in the fridge.
- Make water fun by serving it in a favorite cup or with a silly straw.
- Be a role model for your kids. Children want to drink what their parents drink.

Choose healthy drinks like water and milk.



Find out more:

- Play Every Day: Get the Facts about Sugary Drinks www.playeveryday.alaska.gov
- American Academy of Pediatrics, Healthy Children www.healthychildren.org
- U.S. Dietary Guidelines for Americans health.gov/our-work/nutrition-physical-activity/dietary-guidelines



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