



**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.

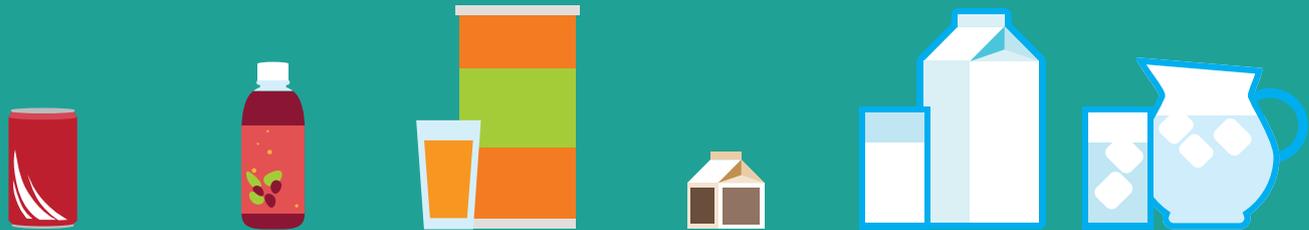


- **1-2 years old:** Serve water and pasteurized whole white milk.
- **2-6 years old:** Serve water and pasteurized fat-free (skim or nonfat) or low-fat (1%) white milk.

**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
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**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:

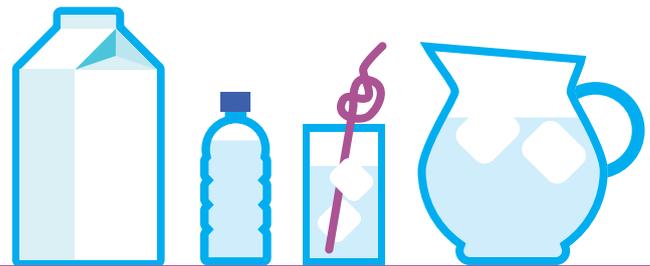
- Agave nectar
- Brown rice syrup
- Cane sugar or juice
- Corn syrup
- Fructose
- Fruit juice concentrate
- Fruit nectar
- Glucose
- High fructose corn syrup
- Honey
- Malt syrup
- Sucrose

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](http://www.playeveryday.alaska.gov)
- American Academy of Pediatrics, Healthy Children [www.healthychildren.org](http://www.healthychildren.org)
- U.S. Dietary Guidelines for Americans [health.gov/dietaryguidelines/2015/guidelines/executive-summary/](http://health.gov/dietaryguidelines/2015/guidelines/executive-summary/)
- 10 Tips: Make Better Beverage Choices [www.choosemyplate.gov/ten-tips-make-better-beverage-choices](http://www.choosemyplate.gov/ten-tips-make-better-beverage-choices)



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