

Limit Sugar-Sweetened Beverages

Why limit sugar-sweetened beverages?

- Sugar-sweetened beverages offer no nutrition but add a lot of extra calories and sugar
- Sugar-sweetened beverages often replace milk, which contains many nutrients for good health
- Sugar-sweetened beverages raise the risk of cavities and dental damage
- Sugar sweetened beverages include: soda, lemonade, sweet tea, coffee drinks, juice, sports drinks, fruit punch
- Energy drinks contain sugar plus caffeine and other harmful ingredients. The American Academy of Pediatrics recommends no one under the age of 18 should consume these drinks.

What Your Family Can Do

- Drink low-fat milk, water, and other low-calorie beverages every day
- Serve low-fat milk with meals
- Limit juice to only 100% juice, and allow only 4-6 ounces per day
- Don't buy sugary drinks for the home
- Serve water between meals
- Choose sugar-free drinks when dining out.

Drink Milk for Better Nutrition

- Milk provides calcium, protein, and vitamins A and D that help kids and adults maintain a healthy diet and improve bone health
- The American Academy of Pediatrics recommends that children get 3 servings and teens get 4 servings of milk a day (one serving = 8 oz.)

For More Information

- www.kidshealth.org/parent
- www.choosemyplate.gov
- www.letsgo.org
- www.cdc.gov/NCCdphp/dnpa/healthyweight/healthy_eating/drinks.htm
- <http://children.webmd.com/features/children-and-sweetened-drinks-whats-a-parent-to-do>
- <http://www.nationaldairyCouncil.org/childnutrition/Pages/ChildNutritionHome.aspx>

Quick Tips

You can determine if your drink contains additional sugars by reading the ingredient list. Sweeteners listed on an ingredient list go by different names. The ingredients below show that a beverage is sweetened and will add extra calories.

- Corn Syrup
- Dextrose
- Fructose
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Sucrose
- Sugar
- Syrup

Instead drink

- Water or other calorie free beverages to quench your thirst



*Information provided in this sheet was adapted from www.kidshealth.org,
[Journal of Adolescent Health](#), and [Journal of the American College of Nutrition](#).*



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Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- I will drink water between meals
- I will switch to a lower fat milk
- I will only drink 100% juice, 4-6 ounces a day



Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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