

Think Before You Drink!!!

Q. Can some drinks cause me to gain too much weight?

A. YES!! Drinks sweetened with sugar give your body calories but no nutrition from protein, vitamins and minerals.

WHAT YOU SHOULD DRINK:

LOW-FAT MILK (1% or Skim)

2-3 cups (3-9 yrs)

3-4 cups (≥ 10 yrs)



Enjoy Milk:

- * with meals
- * on low sugar cereals
- * in hot beverages

Low- or Non-fat Yogurt

- * on the go
- * as a Smoothie

WATER

Drink plenty!!!

Consume at least:

5-6 Cups (1-3 yrs)

7-8 Cups (4-8 yrs)

10-11 Cups (9-18 yrs)

9-13 Cups (18yrs-adults)



Ways to Enjoy Water

- * Keep a water bottle with you: in the car, at work, at school, at home
- * Add a Crystal Light™ or sugar-free drink mix to your water
- * Try low-calorie flavored waters (like Propel™)
- * Encourage children to drink more water: with meals and snacks
- * Drink water before, during, and after being active

Limit Your Juice Intake

Look for 100% juice

No more than **4-6 oz per day** for children 6 months to 7 years

No more than **8-12 oz per day** for children 7 to 18 years

Choose the whole fruit as often as possible:

There's more fiber and often less calories in fresh, frozen, or canned fruit

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Use this table to help you choose a smart drink.

1 cup (8 oz)	Calories	Sugars (g)	Calcium (mg)
Water (plain or flavored)	0	0	0
Crystal Light or other sugar –free powders	5	1	0 (some types are fortified)
Milk, Skim	85	12	300
Milk, 2%	130	12	300
G2 Sports Drink	30	8	
Sports Drink- Gatorade	76	19	0
Sweet Tea	90	23	0
100% Orange Juice	105	24	30 (some types are fortified)
Regular Soft Drink/Lemonade	108	27	0
Energy Drink (MonsterEnergy) [™]	100	27	0
Fruit Drinks or Punch	116	29	0
Sunny Delight	130	30	0
Cranberry Cocktail	144	36	7
Sweetened coffee drinks	210-310 with whipped cream: 310-410	36-49	0-100 depends on the amount of added milk

**Having one extra cup of a sweetened drink every day for one month can cause your body weight to go up by one pound.
That is equal to 12 pounds in one year!!**