

# Healthy Drinks, Healthy Kids

## Did you know?

The beverages your child drinks can have a big impact on their health.

Children and teens need plenty of fluids to prevent dehydration and to get nutrients for good health and growth.

Too often children are offered pop, fruit flavoured beverages, sports drinks or slushes. These provide too much sugar and contain very little nutrition for healthy growth. Also, large amounts of sugar can cause weight gain, tooth decay, stomach aches or diarrhea.

## How can I tell if my child is drinking enough fluid?

Children will usually drink when they are thirsty. If a child has less urine output and the urine is dark yellow, they may not be getting enough fluid. Offer water, milk or other calcium and vitamin D fortified beverages more often.

Parents and teachers can help kids choose healthy drinks by making sure that healthy choices like water, milk and 100% pure fruit juice are available at school.

## Healthy Drinks to Choose Most Often

### Milk

Every day offer milk or soy beverages fortified with calcium and vitamin D in the amounts your child needs. These drinks help your child get enough protein, calcium and vitamin D.

Age (years)	Milk or soy beverages fortified with calcium and vitamin D
0 - 1	Breast milk or iron fortified infant formula
1 - 2	Breast milk or 2 cups (500 mL) homo milk per day
2 - 8	2 cups (500 mL) lower fat milk per day
9 - 18	At least 2 cups (500 mL) lower fat milk per day

\*If your child needs soy formula, it is recommended you feed follow-up soy formula from 1 to 2 years of age. Soy or other plant-based beverages fortified with calcium and vitamin D should not be given until after 2 years of age.

### Water

Offer water throughout the day when your child is thirsty. Make sure kids have a personal water bottle when they are playing, involved in sport activities, in school and when traveling. Keep water bottles clean by washing daily in hot soapy water and rinsing well.

### 100% pure juice

100% pure juice contains vitamins and minerals, but also has about the same amount of sugar as pop. Limit juice to no more than **1/2 cup (125 mL) per day**. Do not give juice to babies less than 6 months old.

Any drink labeled as 'fruit juice' is 100% pure juice. Products called fruit "drink", "punch", "-ade", "beverage" or "cocktail" have little or no fruit juice in them. They are made mostly of sugar, flavouring and water.

Kids who drink too much juice may not have enough room to eat healthy meals and snacks and may be at a higher risk for weight gain. Offer whole pieces of fruit instead of juice. **Kids should eat their fruit rather than drink it!**

Use a cup when you give juice. Don't use a bottle or sippy cup for juice because this can cause cavities, and is not good for speech development.



## Choose Sometimes Drinks

### Flavoured milks or flavoured fortified soy beverages

Flavoured milks and soy beverages, such as chocolate, vanilla or strawberry, can be enjoyed up to **3 times per week**. They provide the same bone building nutrients as regular milk or fortified soy beverage but also the same amount of sugar as pop.



## Drinks to Choose Least Often

Most of these drinks are **very high in sugar** and all have **little or no nutrients**. Examples: regular pop, sport drinks, ice slushes, fruit flavoured beverages, punches and drinks.

**Limit Choose Least Often drinks to only 1 cup (250 mL) per week. Avoid offering energy drinks to your child.**

Diet drinks with artificial sweeteners are not recommended for children because they can quickly take the place of healthy foods in a child's diet. Ask your health care provider for advice.

### Sport drinks

Sport drinks are high in sugar and have added sodium and potassium. Water is the best choice during and after activity.

Sport drinks may be helpful for intense activity that lasts a long time with little time for recovery, for example: sports tournaments and competitions.

### Does drinking pop affect the health of bones and teeth?

Pop contains acid, which can attack and weaken tooth enamel. Also, large amounts of pop can crowd nutritious drinks out of the diet including those that are rich in calcium and vitamin D such as milk or fortified soy beverages. Children need to consume enough nutritious drinks to build healthy, strong bones and teeth.

### Caffeine and Kids

Caffeine is found in colas, chocolate and coffee based beverages, and may be added to "energy drinks." Caffeine can make children nervous, irritable and cause sleeplessness, and it may also be addictive.

**Avoid offering drinks with caffeine to your child.**

## Drink Facts

### Sugar content in common drinks

Some healthy drinks contain natural sugar but can be part of a healthy diet because they are high in nutrients. **Judge a drink by the nutrients it offers rather than only by the sugar content.**

Drink*	Serving Size	Sugar per Serving	Sugar per 1 cup (250 mL)	Good or excellent source of...
<b>Choose Most Often</b>				
Water	Any amount	0 tsp	0 tsp	Fluid
1% milk	1 cup (250 mL)	3 tsp	3 tsp	Calcium, vitamins A, D, riboflavin & B12, protein
Unsweetened fortified soy beverage	1 cup (250 mL)	0 tsp	0 tsp	Calcium, vitamins A, D, riboflavin & B12, protein
100% orange juice, unsweetened	½ cup (125 mL)	3 tsp	6 tsp	Natural sugar, vitamin C, folic acid & potassium
<b>Choose Sometimes</b>				
Chocolate milk	1 cup (250 mL)	7 tsp	7 tsp	Added sugar, calcium, vitamins A, D, riboflavin & B12, protein
Flavoured fortified soy beverage	1 cup (250 mL)	4 tsp	4 tsp	Added sugar, calcium, vitamins A, D, riboflavin & B12, protein
<b>Choose Least Often</b>				
Fruit Flavoured beverage	1 bottle (473 mL)	15 tsp	8 tsp	High in sugar (may have vitamin C if added)
Regular pop, 1 can	1 can (355 mL)	10 tsp	7 tsp	High in sugar only
Sport drinks	1 bottle (710 mL)	11 tsp	4 tsp	High in sugar only
Ice slush	28 oz (828 mL)	16 tsp	5 tsp	High in sugar only
Large fountain pop	63 oz (1.9 L)	54 tsp	7 tsp	High in sugar only

\*The amount of sugar in slushes, beverages and sport drinks vary depending on manufacturer.