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Drink zero sugary beverages,  
drink more water.



**Soda is high in sugar and has no nutritional value. Just one can of soda has 140 empty calories. Many sodas also contain caffeine, which kids don't need.**

## Make water your first choice!

### Water.

#### Keep it handy.

- Keep a refillable water bottle on hand wherever you are.
- Add fresh lemon, lime, or orange wedges for natural flavor.
- Keep a pitcher of water in the fridge.
- Drink water when you're thirsty.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

### Milk.

#### A good choice.

- Breastfeed infants as long as possible. Cow's milk, goat's milk, and soy milk are not recommended for children under age 1.
- Ages 1-2: choose whole milk (2% low fat milk for children for whom obesity is a concern or who have a family history of obesity, high cholesterol or heart disease).
- Ages 2 and older: choose low fat (1%) or fat free (skim) milk.
- Flavored (chocolate) milk contains unnecessary sugar and calories and is not recommended.

### Fuel.

#### Water is an essential fuel for your body.

- Water is the most important nutrient for active people.
- Between 70-80% of a child's body is made up of water.
- When you exercise, you sweat, and when you sweat, you LOSE water and minerals—it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!
- Energy drinks are NOT sports drinks and should never replace water during exercise.

### Juice vs. Water:

- Juice products labeled "-ade," "drink," or "punch" often contain only 5% juice or less. The only difference between these "juices" and soda is that they're fortified with Vitamin C.
- Suggest a glass of water or low fat milk instead of juice.



Working Together to Shape a Healthy Future  
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Adapted from the Let's Go! program in Maine.