

Fact Sheet for **Kids** GROWING UP HEALTHY



5 or more fruits and vegetables • 2 hours or less of screen time • 1 hour of physical activity • Almost no sugary beverages



Did you know that...

Sodas (pH 2.5) are almost as acidic as car-battery acid (pH 1)?

You'd have to bike for about an hour to burn off the calories in a 20-ounce bottle of cola?

American kids drink twice as much soda as they do milk?

Try to drink almost no sugary beverages—no more than 2 servings per week!

Why is drinking fluid important to keep your body healthy? Because drinks are mostly water, which is an essential nutrient for all living things. But not all drinks are good for you—sugary drinks are like liquid candy! They contain sugar that was added by the company that made them. Most of us think sugary drinks taste good, but did you know that too much sugar is bad for your body?

Too much sugar can...

Cause cavities in your teeth

Make you gain more weight than you should

Can you guess what some sugary drinks might be?

Any soda except for diet sodas

Any juice that doesn't say "100% juice" on the bottle

Sports drinks

Scary soda stories

Sodas are made in factories by mixing water with sugar and food coloring and adding air bubbles to make the fizz. Does that sound like something that you would want to drink?

All sodas except for diet sodas have added sugar. In fact, a regular can of soda has 10 teaspoons of sugar in it!

You probably wouldn't ever put that much sugar on your food, so why would you want to drink it?

Sports drinks—are they a slam-dunk for your body?

Sports drinks are also made in factories by mixing water with sugar and food coloring. Sometimes they have added nutrients that your body needs, but it is better to get these nutrients from fruits, vegetables, and 100% juice.



Get your boost from 100% juice!

Juices have natural sugars and vitamins in them—things that come straight from the fruits and vegetables they are made from. This is why drinking 100% juice is good for you! If a bottle says “100% juice” it means that all of the liquid comes straight from the fruit or vegetable and nothing else was added by the company that made it, like sugar or chemicals. The next time you have a juice drink, check to see if it says “100% juice.” Try not to drink more than ½ cup each day, though, since whole fruits and vegetables are much better for you than fruit juice.

Milk mania!

There are so many different kinds of milk—fat-free milk, 1% milk, 2% milk, whole milk, and flavored milk (like chocolate or strawberry). With so many choices, how do we know which milk is best? Can you guess which milks have added sugar and which don't? Flavored milks have added sugar; all other milks don't! Can you guess which milks have the least fat in them and which have the most? Whole milk has the most fat and 1% or fat-free milk has the least. The next time you drink milk, choose 1% or fat-free!

Go wild for water, the best drink of all!

What do you, the trees, and a hamster have in common? Give up? You all need water. All living things must have water to survive, whether they get it from a water fountain, a rain cloud, or a little bottle attached to the side of a hamster cage. It might not seem like it, but water is the most necessary nutrient of them all—so necessary that people can't survive for more than a few days without it. When it's hot or you're physically active, it's good to drink water even when you're not thirsty. Water is your body's drink of choice because it will help to keep you healthy and full of energy!

What can YOU do to drink almost no sugary beverages?

- Set a goal—try to have fewer sugary drinks each day than you do now. If you drink two a day now, try for only one!
- Make a plan—how will you meet your goal? By buying water at school instead of a soda? Or by ordering a small soda instead of a large?
- Ask your parents not to buy sugary drinks and tell them why. If those drinks aren't in the house, making a healthy choice will be easier for everyone!
- Read drink labels before you drink them. If a drink has added sugars, find a healthier choice, or drink only one serving (the bottle may contain more).
- Choose water, 1% or fat-free milk, or ½ cup of 100% juice for your drinks during the day and at your meals.
- Try to drink sodas only on special occasions, not every day.
- Put a splash of juice in a glass and fill the rest with water or seltzer.
- Make a smoothie by blending some juice with frozen fruit. Smoothies are tasty treats and are good for you!