



## Common Sugary Drink Myths

### Myth #1: Fruit drinks are healthy.

Fruit drinks can have 10% or less of juice, which means that the main ingredient added is sugar.

### Myth #2: Children need fruit drinks to get enough vitamin C.

Whole fruits and vegetables are the best source of vitamin C. Good sources of vitamin C include strawberries, oranges, kiwi, tomatoes, and broccoli.

### Myth #3: Children need sports drinks after vigorous physical activity.

Drinking sports drinks during routine physical activity or to satisfy thirst increases your risk of excess weight gain.



HealthiestWeight



# 0

Zero sugary drinks.  
More water and lowfat milk.



Learn more at:  
[www.5210Jax.org](http://www.5210Jax.org)

This brochure is adapted from Let's Go! Materials.  
[www.letsgo.org](http://www.letsgo.org)



**The Healthiest Way to Go!**  
— Jacksonville —

## Did you Know?

Milk contains calcium and vitamin D, which is important for children's growing bones and teeth.

Juices labeled "drink" or "punch" may only contain 5% real juice or less.

Sugar is known to cause cavities by providing "food" for the bacteria that promote tooth decay.

Water is the best choice for hydration, even when you are exercising or being physically active.

Fruit-flavored drinks are sweetened with sugar and contain little or no real fruit juice.



### Water

- 16-24 ounces (2-3 cups) for children 2 to 3 years
- 32-40 ounces (4 -5 cups) for children 4 to 8 years
- 50-60 ounces (7 -10 cups) for people 9 years of age and older



### Drink more WATER!

### Lowfat Milk

- 16 ounces (2 cups) per day for children 2 to 3 years of age
- 20 ounces (2.5 cups) per day for children 4 to 8 years of age



### 100% Juice

- No more than 4-6 ounces (1/2 cup) every day for children 1 to 6 years of age



## Healthy Tips!

#### Be a role model.

Drink water throughout the day. Keep a pitcher of water in the refrigerator.

#### Add flavor to your water.

Add fresh lemon, lime, or orange wedges to water for natural flavor.

#### Use a water bottle.

Give everyone a water bottle to take to school or work. Encourage them to refill it often.

#### Stay hydrated when being active.

Always remember to have water available when being physically active.

#### Eat fruit instead of drinking juice.

Real fruit is always better. If you serve fruit juice, choose 100% juice.

#### Buy, serve, and drink water or

lowfat milk. Avoid keeping sweetened drinks and juice in the house.