

Rethink Your

DRINK



What your child drinks can have a big effect on their health!

Sugary drinks are high in calories and low in nutrients. Sugar in food and drinks can be naturally occurring or added. Naturally occurring sugar can be found in things like milk, fruits and vegetables. Many prepared and processed foods have sugar added to them. The same goes for drinks, which can have sugary syrup and juice added. You can find how much naturally occurring and added sugars are in a food or drink by checking the nutrition label.

A diet high in added sugar can cause:



Unhealthy weight gain



Heart disease



Type 2 diabetes



Tooth decay and cavities

Sugary drinks include soft drinks, fruit juice and fruit drinks, sweetened coffee and tea, and energy drinks. These are the No. 1 source of added sugars in our diets.

Sip smarter

Swap sugary drinks with a healthier choice! Try these 6 tips to avoid sugary drinks:



Replace sugary drinks with water.



Flavor water with your child's favorite fruit to add flavor without added sugar.



Try making your own fizzy drinks by adding a splash of sparkling water, seltzer or club soda.



Make it at home. Lemonade, fruit punch and herbal tea are some of the sweet drinks you can make at home to control the amount of sugar.



Believe it or not, your child's taste will adjust to less sweetness once they start reducing added sugar in their drinks.



Have your child carry a refillable water bottle.

Learn more at [NortonChildrens.com/High5](https://www.nortonchildrens.com/High5).

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Do you know how much sugar is in your child's drink?

U.S. children and teens

consume the highest amounts of added sugar than other age groups — an average of 18.75 teaspoons per day from drinks. This is **three times** the recommended amount!

The **recommended** daily added sugar limit for kids is **6 teaspoons**, or 25 grams.



Water = zero teaspoons of sugar



Sports drink = 20 ounces



Juice box = 6 ounces



Orange juice = 16 ounces



Fruit punch = 16 ounces



Cola soda = 20 ounces



Encourage your child to drink more water. Your child should drink one 8-ounce cup of water per years in age, with a maximum of 64 ounces of water for children over age 8.

Looking for practical, down-to-earth advice on how to make sure your kids grow up healthy and safe? Listen to our "Parenting With You" podcasts! Episodes are uploaded monthly. Available on most podcast platforms: Search for "Norton Children's Prevention & Wellness."



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