

MAY 2009

DRINK TO YOUR HEALTH

An educational service from your school cafeteria and the Clinton County Health Department, Eat Well Play Hard, Nutrition Services Unit



Of all the beverage choices we have today, people have lost track of the two drinks that are most important to our health... **water and milk**. Most other drinks that we consume are high in sugar, caffeine, and/or artificial sweeteners.



WHAT ABOUT FRUIT JUICE?

Although 100% fruit juice is a healthy choice, it's important to limit the amount of fruit juice to 1 - 1 1/2 cups per day to avoid getting more calories than you need. You're better off eating your calories rather than drinking them so opt for whole fruits rather than fruit juices. You'll get an added benefit of disease preventing fiber and nutrients.

WATCH OUT
TOO MANY SUGARY DRINKS CAN
CONTRIBUTE TO

- WEIGHT GAIN
- LOW CALCIUM INTAKE
- TYPE 2 DIABETES
- CAVITIES

Try some Thirst Quenchers You Can Make AT Home

**2 out of 3
Children
Drink
Sweetened
Beverages
Every day !**

- Place a pitcher of water in the refrigerator with fresh lemon, lime or orange slices
- Mix a bottle of no-calorie unsweetened seltzer water with some 100% fruit juice for a fizzy treat
- Make a blender drink with nonfat milk, yogurt and fresh fruit
- Make iced tea by placing some herbal tea bags (can be found in the grocery store) in a pitcher of water. Let steep in the fridge

For Bottled Drinks On The Go
Opt for unsweetened flavored
waters and iced teas
or plain water

Portions Count!!
A 20 oz soda is
2.5 servings
Pour it in a glass
and share

DID YOU KNOW?

- Kids who drink more sugar-sweetened drinks such as sodas, fruit drinks, sports drinks, and teas consume more calories and are more likely to be overweight than kids who drink fewer sugary drinks.
- Sugary drinks often displace healthful foods and beverages like milk and 100% fruit juice.
- Sugary drinks are the #1 source of sugar in the American diet.
- 30% of all calories consumed daily are from sweetened beverages.
- U.S. teens drink twice as much sugary soda as milk.
- Drinking just one 20-ounce bottle of soda each day for year can result in gaining an extra 10 pounds.

