

WHAT'S IN YOUR BEVERAGE?



On average, US children consume about 224 calories per day from sugar-sweetened beverages alone. This is a 60% increase in children ages 6-11 from 1989 to 2008. Simply put, sugary beverages are convenient and widely consumed, but have no nutritional benefits. Here are tips and facts for being mindful of your beverage choices.

What is a Sugar-Sweetened Beverage (SSB)?

A sugar-sweetened beverage includes any drink that has added or naturally occurring sugars. This includes pop, juice, flavored waters, chocolate milk, sports and energy drinks, and smoothies.



Tips to Stay Hydrated

- Water is very important for our bodies! Children aged 6-11 need 5 to 8 cups of water per day.
- We may feel like we're hungry when we are actually thirsty. Try drinking a glass of water first before having a snack – you may just be thirsty!
- Carry a re-usable water bottle to refill throughout the day.
- Encourage your child to drink a glass of water in between meals. When your child is physically active, have them drink an extra $\frac{1}{2}$ - 2 cups for every 20 minutes of activity.

Facts on Sugar-Sweetened Beverages

- Our bodies do not feel liquid calories in the same way as calories from solid food. This means that you could drink hundreds of calories at a time and not feel full.
- Even though juice has natural sugar, it has the same amount of sugar and calories as soda.
- Beverage companies in the US spend billions of dollars to sell sugar-sweetened beverages to children.
- Because they have sugar, drinking SSBs can become a habit as our bodies tend to crave sweet tastes.

Healthy Alternatives to SSBs

- Make your own infused water pitchers. Involve your child by allowing them to pick out their favorite fruits. Good options include oranges, raspberries, cucumber, pineapple, lemon, and strawberry.
- Start with baby steps. If your child is used to having juice or pop every day, start by only giving them half of what they would usually drink and decreasing it every day.
- Fruit juice can be watered down by mixing with water or sparkling water. Continue increasing the water and decreasing the juice.
- Consider offering low fat or fat free milk, as children need about 3 cups per day to get enough calcium and vitamin D for growing bones. If your child has already drank 3 cups of dairy during the day, offer water or another calorie-free beverage.



HOW MUCH SUGAR IS IN A **8 OZ** BEVERAGE?

 = TEASPOON

One TEASPOON of sugar is equal to **4 grams** of sugar.

Sparkling Water		0 sugar, 0 calories
Sugar Free Kool-Aid		0 sugar, 0 calories
Crystal Lite		0 sugar, 0 calories
Low-Sugar Sports Drink		3 g sugar, 20 calories
Sports Drink		14 g sugar, 53 calories
Slushie		18 g sugar, 65 calories
Sweetened Tea		22 g sugar, 91 calories
Apple Juice		24 g sugar, 114 calories
Orange Juice		24 g sugar, 110 calories
Hot Chocolate with Whipped Cream		24 g sugar, 250 calories
1% Chocolate Low Fat Milk		25 g sugar, 160 calories
Regular Soda Pop		26 g sugar, 100 calories
Energy Drink		27 g sugar, 110 calories
Sweetened Lemonade		27 g sugar, 100 calories
Strawberry Banana Smoothie		28 g sugar, 130 calories
Grape Juice		36 g sugar, 140 calories
Strawberry Crème Frappuccino		36 g sugar, 247 calories
Chocolate McCafe Shake (no whipped cream)		40 g sugar, 280 calories