



Eat right. Be active. Get healthy.

LET'S GO! TAKES 5210 TO SCHOOL

Avoid Soda & Sugar-Sweetened Drinks

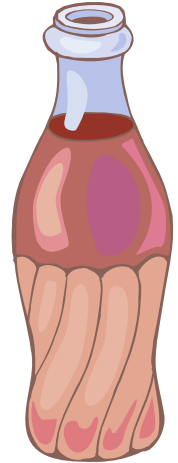
The Problem: Soda

Soda has no nutritional value and is high in sugar. Just nine ounces of soda is equal to 110-150 empty calories. Many sodas also contain caffeine, which kids don't need.

- http://www.kidshealth.org/parent/food/general/drink_healthy.html

The Solution:

Let your child know that soda is a treat and serve it in moderation.



The Problem: Sports Drinks

Sports drinks contain sugar that kids don't need.

The Solution:

Encourage you kids to drink water instead of sports drinks, even during sports events.

Tips to Make it Easier:

1. Make low-fat milk and water the drink of choice
2. Remember, water is the best drink when you are thirsty
3. Cut back slowly on sugar-sweetened drinks
4. Don't replace soda with other sugar-sweetened beverages, such as juice and sports drinks



For more information, visit www.letsgo.org

