



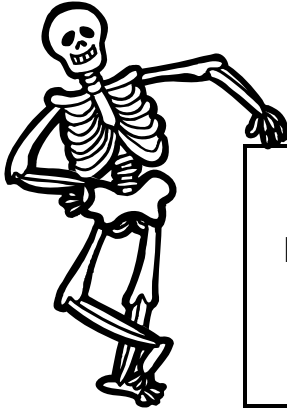
Eat right. Be active. Get healthy.

**LET'S GO! TAKES 5210 TO SCHOOL**  
**Encourage Water & Low-Fat Milk**  
**Instead of Sugar-Sweetened Drinks**  
**According to the National Dairy Council:**

- Children, ages 4-8 years should be consuming three, 8 ounce glasses of milk or other dairy each day



- Children, ages 9-18 years should be consuming four and a half, 8 ounce glasses of milk or other dairy each day



**Did You Know?**

For kids of all ages, water and milk are the best choices. Water is calorie-free and drinking it teaches your children to accept a low-flavor, sugar-free beverage to quench thirst.

*-<http://www.revolutionhealth.com>*

**Tips to Make it Easier:**

**Water**

1. Keep bottled water or a water bottle on hand
2. Add fresh lemon, lime, or orange wedges to water for some natural flavor

**Milk**

1. Gradually make the change from whole milk to low-fat milk
2. Make a milk shake using low-fat milk, ice, and your favorite berries

**For more information, visit [www.lets-go.org](http://www.lets-go.org)**

