

# I'm Thirsty!!

## What you give your child to drink really DOES matter! Did you know that:

- Having too many sweetened drinks is a major cause of picky eating?
- Sweetened drinks are linked to obesity, tooth decay, and bone fractures in children?
- Most fruit drinks contain very little real juice, and have as much added sugar as soft drinks?

**Read on to find out why your choice in beverages is important!**

### In Canada, only 100% juice can call itself "Juice".

Words like "drink", "blend", "beverage", "cocktail", "splash" or "made with real juice", etc usually mean sugar is added.

Drink	Size	% Real Juice	Total Calories	Added Sugars (tsp)
Juice: 100% Fruit V8® 100% Veg	340mL	100%	140-190 70	None
Drinks/Cocktails	340mL	25-50%	140-200	6-11
V8 ® Splashes	470 ml	25%	220	10-12
Snapple®, Fruitopia® Sunny Delight®, Sobe®	600mL	< 10%	220-320	14-20
Lemonades, Iced Teas	340mL	0-10%	100-160	6-10
Sports Drinks	600mL	0	140	9
Soft Drinks/ Pop	350mL	0	150-180	9-11
1% Chocolate Milk	250mL	N/a	160	3-4

### Sweet Drinks and the Student Body

For every can of sweetened drink a child has each day, their risk of becoming obese increases by 60%!

### Dem Osteoporotic Bones

Pop doesn't steal calcium out of bones, but it replaces milk as a drink. Most kids AND adults drink more pop than milk!



1 teaspoon of sugar weighs 4 grams. It provides 16 calories.

### How much sugar can they have?

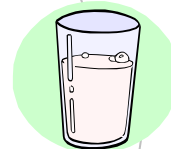
It's best to keep your child's intake to less than 10 teaspoons a day.

Use sugar to sweeten nutritious foods. Try:

- Fruit flavoured yogurt
- Sprinkling a little on a grapefruit half
- Flavouring milk if they don't like it plain
- Making a pudding, fruit crisp, or berry pie
- Fibre-rich cereals

### Got milk?

If your child drinks 1 ½ cups of chocolate milk every day instead of the bottle of pop, their bones will get 60% of all the calcium they need (35% for tweens and teens), plus protein for their bodies to strengthen, and no extra calories.

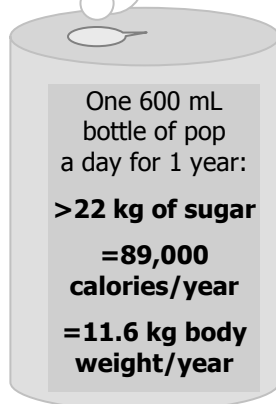


### What about aspartame?

Aspartame (used in most diet drinks) is a safe sweetener for most children when used in moderation (rumours about risks are based on internet myths).

### Superman Doesn't Live Here!

*"Although some...try to put most of the blame for childhood obesity on physical inactivity as opposed to poor nutrition, it would take 75 minutes of biking for a young person to burn off the calories in a 600 mL bottle of soda." --Center For Science in the Public Interest*



### But I thought they were healthy?

Drink names, labels, and container shape are all carefully designed to attract kids, and small amounts of juice or herbs might be added to entice parents.

### The Bottom Line

Quench your child's thirst with

- Unlimited water
- ½-1 cup of 100% juice or calcium fortified 100% juice
- 3-4 cups of milk of any flavour.

For special occasions, try a refreshing punch of 100% juices mixed with carbonated water and lime slices.

