




Make the Grade With Good Nutrition! “Healthy Drinks, Healthy Kids”

Key Nutrition Point



▪ Children and teens need plenty of fluids to prevent dehydration and to provide nutrients for good health and growth.



Drinks	Examples	Amounts
Go Drinks  -Full of nutrients -Low in sugar - choose more often	Milk (choose skim, 1% or 2% milk)	2-4 servings of milk and alternatives per day for healthy bones and growth
	Water	Drink throughout the day to quench thirst
Yield Drinks  -Contain more sugar (natural or added sugar) -Consume in smaller amounts - Choose less often	100% Unsweetened fruit juice	1-3 years old: maximum ½ cup (125 ml) per day 3 years old and up: maximum 1 cup (250 ml) per day
	Flavoured milks (chocolate, strawberry, banana and vanilla)	Enjoy occasionally as one of the servings of milk and alternatives
Stop Drinks  -Very high in sugar and provide little nutrition - choose sometimes	Pop Slushy drink Fruit punch / drink / beverage / cocktail Energy / sport drinks	Maximum 1-2 servings per week (one serving equals 1 cup or 250 ml)



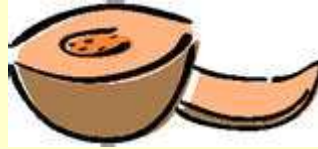
Tangy Lemonade

8 large lemons
8 cups water
 $\frac{1}{2}$ cup sugar

Rinse lemons, cut in half, and squeeze out juice into a pitcher with a manual or electric juicer. Add water and sugar. Stir until the sugar dissolves. Add some ice and keep in the fridge for at least one hour.

Kiwi Melon Drink

2 kiwi fruit peeled
1 cup honeydew melon cubes
1 tablespoons sugar



Blend together for one minute.

www.easy-kids-recipes.com

How Sweet it is

Too often children are offered pop, fruit beverages, sports drinks or slushes. These provide too much sugar and contain very little nutrition for healthy growth. Large amounts of sugar can cause weight gain, tooth decay, stomach aches or diarrhea, and may replace healthy nutrients the body can use for healthy development.

One 650 ml slush may have as much as 12 teaspoons of sugar.

What about juice?

Offer 100% juice, but keep in mind that kids who drink too much juice may not have enough room to eat healthy meals and snacks and may be at a higher risk for weight gain. When choosing juices, choose 100% unsweetened juice, juice with no added sugar, or pure fruit juice from concentrate. If the label says fruit beverage, cocktail, drink, or punch, the juice has extra sugar added to it and are not as nutritious. Choose a juice that has no sugar or glucose on the ingredients list. Offer whole pieces of fruit instead of juice.

Healthy Drink Options

Everyday offer milk or soy beverages fortified with calcium and vitamin D in the amounts your child needs.

Pack milk in a reusable container with an ice-pack to drink with your lunch.

Mix chocolate milk with white milk for less sugar.

Create smoothies by blending milk with a combination of fresh or frozen fruit.

Age Milk or Soy Beverage

2 – 8 At least 2 cups (500 ml) milk per day

9 – 18 At least 3 – 4 cups (750 ml – 1 L) milk per day.

Don't Forget Water

Canada's Food Guide suggests that people drink water regularly. It can satisfy thirst and promote hydration without adding calories to the diet. For most active people, water is all you need to stay hydrated. It is important to stay hydrated by drinking often during the day. Being well-hydrated improves concentration and alertness.

Regional Health Authority
Central Manitoba Inc.



Office régional de la santé
du Centre du Manitoba inc.

Regional Nutrition Practice Team

May be copied in it's entirety provided source is acknowledged.