

# Healthy Drinks

Drinking is a vital part of children's healthy nutrition. What they drink can determine how they grow and whether or not they become overweight. Drinks should be low in sugar and additives. Some drinks have plenty of calories but very little nutrition. A natural drink such as water is the drink of choice for healthy toddlers and preschoolers. Here are some facts about drinks to help you make the best choice for your child.

## Water

- Water is the most important nutrient for the body.
- You can live much longer without food than without water.
- The body is mostly water, and it uses water up quickly.
- All liquids are not equal—some drinks take liquid away.
- Water is the drink of choice for all ages.

## Sports Drinks

- Have lots of sugar (carbohydrates) and calories.
- Contain high fructose corn syrup.
- Contain artificial coloring.
- Have acids that may erode the teeth.
- Are really just another type of soft drink.
- Use them only when a child has been doing continual hard exercise for 90 minutes or more.

## Juice

- Too much juice can lead to diarrhea and tooth decay.
- Juice is mainly a natural sugar. It tells a child's brain she is full and can spoil her appetite.
- Juice does not have the same nutrients as whole fruit.
- Children should have no more than six ounces of juice per day.
- Many juices are really sugar-sweetened drinks with only a small portion of juice or none at all. The label must say "100% juice" for it to have no added sugar.

## Soda and Sugar-Sweetened Drinks

- There is a direct link between sugar sweetened drinks and childhood obesity.
- Sodas have nothing but calories from sugar.
- They tend to dehydrate a person.
- Drinks with caffeine tend to dehydrate and are linked to inattention, hyperactivity and sleeplessness in young children

## Milk

- Milk is critical for strong bones and teeth.
- Whole milk is very high in fat and can increase calories.
- Skim milk has all the nutrients of whole milk with no fat and fewer calories.

DRINK	SIZE	CALORIES	SUGAR
Water	8 oz (240 ml)	0	0 g
Low-fat milk	8 oz (240 ml)	100	11 g
100% orange juice	8 oz (240 ml)	110	22 g
Juice drink (10% fruit juice)	8 oz (240 ml)	150	38 g
Powdered drink mix (with sugar added)	8 oz (240 ml)	90	2*
Soda	8 oz (240 ml)	100	27 g

- How much sugar is this? Take the sugar grams divided by four to get the teaspoons of sugar in a food or drink.

## So What Is Wrong With:

### High Fructose Corn Syrup

- 30% of high fructose corn syrup contains mercury.
- It is link to increased obesity.
- Research connects it with cancer cell growth.

### Aspartame, Sucralose, Saccharin

- Research has linked these to brain tumors, multiple sclerosis, lumphoma, diabetes, and fibromyalgia. They have been found to destroy the nuerons in the body.

### Food Dyes

- They are linked with hyperactivity after being consumed. Some researches link them to a higher association with ADHD.