

The Super Healthies Say:

RETHINK Your Child's DRINK



Choose Water or Milk for Young Children

What a child drinks drastically effects the amount of calories consumed and calcium needed to build strong bones. For kids of all ages, water and milk are the best choices.



Rethink Your Child's Drink:

» Choose milk.

Milk is a source of calcium which the body needs to ensure strong bones and teeth.

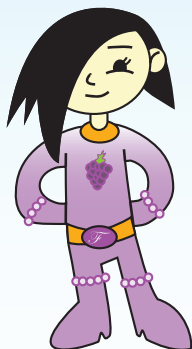
Lowfat or nonfat milk is preferred for children over 2.

» Drink water.

Water is critical for good health and development.

» Eat fruit.

Always make fresh fruit available as an alternative to juice. Fruit is a great thirst quencher and packed with



The American Academy of Pediatrics advises **100% fruit juice** may be served using the following guidelines:

- » Infants less than 6 months old - no fruit juice.
- » Infants 6 to 12 months old - limit to 1/2 cup daily.
- » Children 1 to 6 years old - limit to 3/4 cup daily.

Avoid juice pouches and juice blends.

To avoid **tooth decay**, never give **juice in a bottle**.

An **11.25 oz** juice pouch contains **9 1/2** teaspoons of sugar!



Be a positive role model...**Rethink Your Drink Too. Woof!**



FIRST 5
SANTA CLARA COUNTY

www.first5kids.org