

0 Sugary Beverages!

You Are What You Drink

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Don't be fooled. There are many beverages that have large amounts of added sugar.

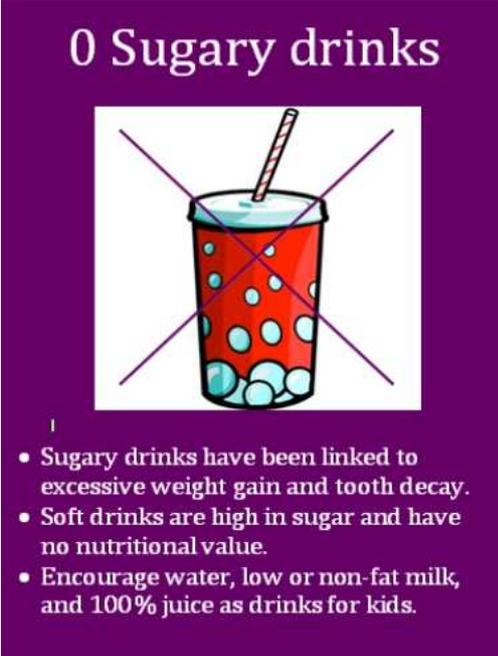
Beware of the hidden sugars in drinks.

Sugary beverages have added sugars, and include drinks such as soda, sports drinks, and sweetened juice. Added sugar may be defined in the ingredients as: white sugar, brown sugar, molasses high-fructose corn syrup, sucrose, cane juice, corn syrup, corn sweetener, raw sugar, maple syrup, dextrose, syrup, or cane sugar.

Added sugar means added calories. Added calories can increase a child's risk of becoming overweight or obese. Extra calories from added sugars can cause children to feel full when they haven't received many nutrients.

Sugary drinks promote tooth decay and cavities.

We've all heard our parents say, "Brush your teeth!", but it's not just a lack of brushing that can lead to decay. Replacing sugary beverages with water will help keep your teeth strong.



0 Sugary drinks

- Sugary drinks have been linked to excessive weight gain and tooth decay.
- Soft drinks are high in sugar and have no nutritional value.
- Encourage water, low or non-fat milk, and 100% juice as drinks for kids.

Tips for Children

1. **Hydrate with water.** Drink plenty of water, especially on hot days or when you are more active.
2. **Look for code words.** Look at the ingredients list of a drink to see if it has added sugars, (see the above list of "code words").

Tips for Parents

1. **Limit juice.** 100% juice does not have added sugar, but does have natural sugars, so it should be limited to 4-6 ounces a day.
2. **Offer children water or low-fat or fat-free milk instead of sugary beverages.** Water is thirst quenching and keeps the body functioning at its best. Try squeezing a lemon, lime, or cucumber slices into it. Try filling an ice cube tray with raspberries and then filling them with water. Once they are frozen add

them to glasses of water with a straw for a fancy and fun drink.

Resources

Diet and Snacking (American Academy of Pediatric Dentistry)

<http://digital.ipcprintservices.com/publication/?m=17243&l=1>

Juice or Fruit Drinks? (Nutrition Newsletter for Parents of Young Children Volume 19, USDA, Food and Nutrition Service)

http://www.teamnutrition.usda.gov/Resources/Nibbles/Nibbles_Newsletter_19.pdf