



## Re-Fresh Your Drink

- Water and milk are the best drink choices for children.
- Two cups of milk per day (500 mL) is a good amount for kids.
- Role model good habits – make water your number one drink.
- Drink water for thirst - make water available to kids at all times.
- Offer milk or water with meals and snacks.

### Want to add a little jazz to your water?

Flavour water naturally by adding any of the following items:

- cucumber slices
- fresh mint leaves
- fresh or frozen berries
- chunks of melon, pineapple or other fruit
- grated ginger
- lemon, lime, grapefruit or orange slices
- a small amount of 100% pure fruit juice
- lemon or lime juice



### Examples

- Pineapple mint
- Orange berry
- Watermelon mint
- Pineapple orange ginger
- Raspberry lime
- Lemon mint
- Cucumber lime

### Involve your kids:

- See how many fun combinations you can come up with.
- Give your flavoured water a fun name, like fancy water, spa water or fruit water.
- Freeze chopped or pureed fruit in ice cube trays and serve them in a glass of water with a straw.
- Choose a fun cup or re-usable water bottle.



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# The Juicy Truth

## Juice and sugary drinks:

- Whole fruit is a better choice than fruit juice.
- Limit fruit juice and sugary drinks - they can contain 6 - 10 teaspoons of sugar per cup (250 mL) and portions are often larger than one cup.
- *If* offering juice:
  - choose 100% pure juice.
  - limit fruit juice to ½ cup (125 mL) per day for children and 1 cup (250 mL) per day for teens.
  - serve juice in an open cup at meal or a snack time.

## Fruit juice and sugary drinks can:

- fill up kids tummies.
- make them less hungry for meals.
- cause tooth decay.
- add a lot of sugar and calories to our diets.
- upset kids' tummies or cause diarrhea.

## Shopping Tips

- ✓ Check the ingredient list.
- ✓ When buying juice, look for 100% pure fruit juice.
- ✓ Buy juice with no added sugars. Sugar may appear in the ingredient list as sucrose, glucose, fructose, corn syrup, or cane juice.



## Avoid or Limit

✗ Drinks with added caffeine, acids, artificial sweeteners, colour, salt, oils, maltodextrin, carrageenan, or extracts. Drinks with these ingredients are not likely to be good choices for kids.

✗ Limit sugary drinks like:

- |                |                   |                                |
|----------------|-------------------|--------------------------------|
| • nectars      | • cocktails       | • punches                      |
| • fruit drinks | • fruit beverages | • artificially flavoured water |
| • slushies     | • vitamin waters  | • pop and ice tea              |
| • energy drink | • sports drinks   | • lemonade and other “-ades”   |

To speak with a Registered Dietitian at HealthLinkBC, call 811 (or 604-215-8110).

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