

Think about Drinks

Concerned about your child's weight?

Cutting back on sugary drinks may matter.



Recent studies are showing a link between sweetened drinks and weight gain in kids and teens. It's no wonder why: many beverages like sweetened sodas, sports drinks, energy drinks, fruit drinks and punches have a lot of added sugar. This results in many calories with little nutrition especially when consumed in large amounts.

Here's the good news: By helping your kids cut back on sugary drinks, you can help them cut calories. Cutting calories—along with adding physical activity—is a **key to slowing down the rate of weight gain**. For overweight children, slowing their rate of weight gain can give their bodies a chance to catch up with their weight as they grow taller.

Winning kids over to drinks with less added sugar

Have low-sugar drinks around. Kids tend to drink what's handy or what they're served. So don't stock the sugary stuff and don't buy it for them if they ask.

Give kids choices so they won't feel like they are missing out: water with a splash of juice, fat free/lowfat milk, decaffeinated iced tea or lemonade sweetened with no-calorie sweetener.

Take your kids food shopping and let them pick their choice of no-calorie or low-calorie drinks.

Just one 12 fl. oz. can of sugar-sweetened soda contains the equivalent of 10 teaspoons of sugar.



For many children, one or two full-size soft drinks, or even natural drinks, can be about 10%-20% of their daily calorie need. When regular meals are added in, a child may be at risk of taking in too many calories.

What to offer kids instead of sugary drinks

Water—plain or fruit-flavored (no-calorie or low-calorie). Try adding a splash of fruit juice like orange, mango, cranberry or grape, or a squeeze of juice from a lemon, lime or orange. For young kids, use fun-shaped cups or drink containers.

Seltzer—plain, pre-flavored, or mixed with unsweetened juice.

Lemonade or fruit drinks made with no-calorie sweeteners, such as SPLENDA® No Calorie Sweetener, instead of sugar. There are also plenty of handy no-calorie powdered drink sticks for your kids to choose from. If you have more time, try making your own delicious fruit drinks like lemonade or limeade using fresh fruit.

Fat free or lowfat milk (after age 2 years), which provides calcium, potassium, protein and vitamins A, D and other nutrients. Children 4 to 8 years old should have 2 ½ cups of nonfat/lowfat milk or dairy products per day; children 9 years and older should have 3 cups per day. A fun way to jazz up plain white milk is to blenderize it with fresh or frozen strawberries and sweeten with a no-calorie sweetener.



Toddlers and pre-schoolers

Think outside the (juice) box

Juice boxes are convenient—but **too many, too often** can add too many calories. Use these tips for managing your child's juice intake:

100% fruit juices: A healthy choice, often with lots of important vitamins and minerals. Offer reasonable portion sizes (see below), or add a little seltzer for some extra fun without adding calories.

Full calorie juice drinks: These drinks may only contain a small amount of real fruit juice and may be lower in beneficial nutrients like vitamins and minerals. Water or appropriate portions of 100% fruit juice may be better options.

For full-calorie juices and juice drinks, **stay within these daily limits:** 4–6 fluid ounces for ages 1 to 6; 8–12 fluid ounces for ages 7 to 18¹. Even 100% fruit juice contains calories that can add up quickly. Four fluid ounces of juice contains about 60 calories.

Avoid providing juices at least 2 hours before meal times. When kids fill up on juice, they have less room for healthy foods—and they can miss out on important nutrients.

Reduce the juice...slowly. If your kids drink a lot of juice now, start by mixing it with a small amount of water. Every few days, use more water and less juice until you achieve their age-appropriate daily limit.

Teach your child to satisfy their thirst with few or no calories (water, seltzer, lemonade sweetened with a no-calorie sweetener).



'Tweens and teens

Avoid hidden added sugars and calories

Sports drinks. Outside of aggressive physical training programs, in most cases, kids don't require these drinks. Encourage your child to satisfy their thirst with **plain water**.

Energy drinks. Besides typically being a source of added sugars and calories, most energy drinks provide a lot of caffeine.

Oversized sugary drinks. Whether they come in a 20 fl. oz. bottle from the local convenience store or a super-sized cup from a fast food restaurant, full calorie oversized drinks can provide a whopping amount of calories. Many bottled soft drinks actually contain two (or more) servings.

Gourmet hot or iced coffee drinks and teas (like Chai). These can pack a lot of calories from added sugars and/or fat — especially if they're sweetened with sugar, or sugar syrups (including agave syrups or honey) and contain whole milk, cream and/or whipped cream.

Lemonade by the Pitcher



 **Limeade Substitute:** 1 cup fresh lime juice for the lemon juice.

Here's a refreshing beverage recipe your kids can help you make and that the whole family is sure to enjoy!

INGREDIENTS

- 5 cups water
- 1 cup fresh lemon juice
- 1 cup SLENDA® No Calorie Sweetener, Granulated (or 24 Packets)
- Ice cubes for serving
- Fresh mint sprigs and lemon slices for garnish (optional)

DIRECTIONS

1. Stir water, lemon juice, and SLENDA® No Calorie Sweetener in a large pitcher until the SLENDA® No Calorie Sweetener dissolves.
2. Serve over ice.
3. Add mint and lemon slices, if desired.

NUTRITION FACTS

Servings Per Recipe: 8
Serving Size: 1 (6 fl. oz.) drink.

Amount Per Serving

Calories:	20
Calories from Fat:	0
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	0mg
Total Carbs:	6g
Dietary Fiber:	0g
Sugars:	1g
Protein:	0g

¹The Use and Misuse of Fruit Juice in Pediatrics. Committee on Nutrition. *Pediatrics*. 2001;107:1210-1213.

SLENDA® Brand Sweetener can be used safely by the whole family, including children and people with diabetes.