



## Healthy Beverage Choices

In school today your child learned about healthy beverage choices. Milk is an excellent beverage for meals and snacks because it helps meet the requirements for calcium. Water or 100% fruit or vegetable juices are other healthy options. Children need plenty of water especially after physical activity. Pop and high-sugar juice drinks provide “empty calories” and few nutrients. Parents can set a good example for children by drinking healthy beverages themselves and by buying healthy beverages that children request. You can read more about healthy beverages in this newsletter and then complete the activities inside with your child.

### Soft Drinks and Health

Pop accounts for more than 27 percent of Americans' beverage consumption. Children start drinking pop at a remarkably young age, and consumption increases through young adulthood. Almost half of all children between 6 and 11 drink pop, with an average intake of 15 ounces per day.

One reason for increased consumption is that pop container sizes have steadily increased. In the 1950s, Coca-Cola's 6½-ounce bottle was the standard serving. That grew into the 12-ounce can, and now 20-ounce bottles are replacing those. The larger the container, the more people are likely to drink.

Sugar in pop combines with bacteria in the mouth to form acid. Acid attacks teeth. The acid attack starts over with every sip and ongoing acid attacks weaken tooth enamel. When tooth enamel is damaged, bacteria in the mouth cause cavities. Regular pop promotes decay when consumed often during the day because the teeth are bathed in sugar-water for long periods of time. To prevent tooth decay, limit between-meal snacking of sugary drinks like pop.



### Sugar Intake



Pop is the single biggest source of refined sugars in the American diet. According to dietary surveys, pop provides the average American with seven teaspoons of sugar per day, out of a total of 20 teaspoons. Teenage boys get 44% of 34 teaspoons of sugar a day from pop. Teenage girls get 40% of 24 teaspoons of sugar from pop.

Here is the amount of sugar in common types and amounts of pop:

	Number of Teaspoons of Sugar	
	12 oz can	20 oz bottle
Mountain Dew	11	18
Pepsi	10	16
Dr. Pepper	10	16
7-Up	9	16

Too many calories from pop may cause weight gain if children are not physically active. Instead of drinking pop at meals or snacks, have your child drink milk, water, or 100% fruit juices.

# 100% Fruit Juice OR Juice Drinks?



All juice products contain sugar and water. "100% fruit juice" contains naturally occurring fructose, or the sugar from the fruit. "Juice drinks" typically contain added sugar in the form of high-fructose corn syrup. Your best bet is to read the label for the total amount of sugar and calories; the more sugar, typically the higher the calorie level. Remember that many fruit "drinks" contain far less essential vitamins and minerals than juice. The American Academy of Pediatrics recommends no more than 8 – 12 fluid ounces of 100% fruit juice per day for children ages 7 to 18 years as part of a healthy diet. Nutrition Facts Labels can help parents and children make healthy beverage choices. Look at the two labels below and their ingredient lists. Answer the questions at the bottom of this page.

## 100% Orange Juice

## White Cranberry and Peach Juice Drink 23% Juice

Nutrition Facts			
Serving Size 8 fl oz (240ml)			
Servings Per Container 1			
Amount Per Serving			
Calories 110		Calories from Fat 0	
		% Daily Value	
Total Fat	0g		0%
Sodium	0mg		0%
Potassium	450mg		13%
Total Carbohydrate	26g		9%
Sugars 22g			
Protein	2g		
Vitamin C	120%	Calcium	2%
Thiamin	10%	Riboflavin	4%
Niacin	4%	Vitamin B6	6%
Folate	15%	Magnesium	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
<b>Ingredients:</b> 100% pure Florida squeezed orange juice			

Nutrition Facts	
Serving Size 1 cup (240ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value	
Total Fat	0g 0%
Sodium	35mg 1%
Potassium	30mg 1%
Total Carbohydrate	31g 10%
Sugars 31g	
Protein	0g
Vitamin C	100%
<b>Ingredients:</b> Filtered Water, White Cranberry Juice from Concentrate, High Fructose Corn Syrup, Peach Juice from Concentrate, White Grape Juice from Concentrate, Sugar, Natural Flavors, Ascorbic Acid (Vitamin C), Citric Acid, Canthaxanthin (color)	

### Circle the correct answer for the following questions:

- Which beverage has added sugars?                      100% Fruit Juice                      Juice Drink
- Which beverage has more nutritional value?                      100% Fruit Juice                      Juice Drink
- Which beverage has an added vitamin?                      100% Fruit Juice                      Juice Drink
- Which beverage would you choose for a snack?                      100% Fruit Juice                      Juice Drink

{See answers on page 4}

# Question Time

**Child**: Why is it important to drink healthy beverages? (Beverages, as well as food, can affect nutrition and health.)

**Adult**: What are some beverages that we should add to our shopping list? (Try milk and 100% fruit or vegetable juice instead of soda pop and other sugar-sweetened beverages.)

**Child**: What healthy beverages could I drink with my meals and snacks? (Milk, 100% fruit or vegetable juices and water)

**Adult**: What are some problems that are caused by drinking beverages with added sugars? (Tooth decay (cavities), too many calories)

**Child**: What are the benefits of drinking healthy beverages such as milk and 100% fruit or vegetable juices? (Milk has calcium which is important for strong bones and teeth, and 100% fruit or vegetable juices have vitamins which help us fight against disease.)

**Adult**: How does advertising affect the consumption of certain beverages? (Pop companies encourage us to buy their products so they can make money for their company. Consumers should make healthy beverage choices based on nutrition and health instead of advertising influences.)

## Mark Several Easy Ways to Choose Healthy Beverages for Meals and Snacks

- Drink a cold refreshing glass of milk for breakfast.
- Try a delicious cup of hot chocolate to keep warm in the winter.
- To cool down during hot summer days, have a glass of 100% fruit juice.
- Instead of drinking pop with snacks and meals, choose milk.
- Choose a healthy glass of 100% fruit juice instead of a fruit drink with added sugar.
- Drink large amounts of water to stay hydrated and refreshed all day long.

### **Our Family Goals:**

**Drink milk with meals.**

**Read labels on beverage containers.**

# As Your Child Grows

You can have a major influence on the beverages your child chooses to drink. Healthy habits as a child can lead to a lifetime of drinking healthy beverages. Remind your child about the nutrition and calorie benefits and drawbacks from drinking different beverages and help your child choose healthier options.

1. Provide milk, 100% fruit or vegetable juice, or water for snacks and meals.
2. At the grocery store, take the time to read the beverage labels to check for calories, sugar content and other nutrition facts.
3. Talk with your child about why pop or fruit drinks are less healthy beverage options. The high amounts of added sugar can have short-term and long-term effects on health, including a greater risk for tooth decay and overweight.
4. Talk with your child about his or her likes and dislikes. Choose those that your child prefers from the healthy options.
5. Try different kinds of healthy beverages to give your child more choices such as flavored milk or new fruit juice blends.
6. Compliment your child on healthy beverage choices!



Answers to questions on page 2:

1. Juice Drink
2. 100% Fruit Juice
3. Juice Drink
4. Hopefully 100% Fruit Juice!

## Quick Fruit Slurpee

### Ingredients:

- 2 cups 100% apple juice
- 1 (8 to 10-ounce) package frozen strawberries, partially thawed
- 1 banana, peeled

### Procedure:

1. In a blender, combine apple juice, strawberries, and banana.
2. Blend until smooth. Serve immediately.
3. If desired, substitute milk for apple juice.

*Makes 3 servings*

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