



Re-think What You Drink

Since the human body is more than 80% water, it's important to drink enough fluids everyday. A popular choice is fruit drinks. However, many fruit drinks have as much added sugar as soft drinks and very little real juice.

This is a worry since:

- Children who drink a lot of fruit drinks often don't drink enough milk to build strong bones.
- Every can of sweetened drink a child has in a day increases his/her risk of becoming obese by 60%!
- "Children who sip on sweet beverages throughout the day are more likely to have tooth decay."

Remember that many of these drinks come in much larger amounts and will have much more sugar in them. For example, most sports drink bottles are 600 mL, or 2.4 cups which means that the entire bottle would contain 9 teaspoons of sugar!

Drink	Size	% Real Juice	Total Calories	Added Sugars (tsp)
100% unsweetened fruit or vegetable juice	340 mL	100%	140 - 190	None
Drinks/Cocktails	340 mL	25 - 50%	140 - 400	6 - 11
V8® Splashes	470 mL	25%	220	10 - 12
Snapple®, Sobe®	600 mL	<10%	220 - 320	14 - 20
Lemonades, Iced Teas	340 mL	0 - 10%	100 - 160	6-10
Sports Drinks	600 mL	0%	140	9
Pop, Soft Drinks	350 mL	0%	150 - 180	9 - 11

Drinks like iced tea, V8® Splashes, lemonade, sports drinks and pop should be offered to children rarely, if at all. This is because they offer no nutritional benefit and contain a lot of sugar.

Of all the fruit drinks, 100% fruit or vegetable juices are the best choice. Too much of even 100% fruit or vegetable juices isn't a good thing. Offer 100% juices in moderation. Here is how much juice your child can drink in a day:

- Children younger than 6 months of age → no juice
- Children 6 - 12 months → 1/4 cup
- Children 1 - 6 years → 1/2 cup
- Children 7 - 18 years → 1 - 1 1/2 cups

***For More Information contact your
Population Health Nutrition Program, Public Health Nurse,
or Community Dental Health Program***

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