Tips For Limiting Sugar Sweetened Beverages In Your Child’s Diet

1. **Make drinking water fun and exciting**
   Try a new recipe like lemon mint water or cucumber-flavored water instead of soda. By replacing one can of soda with water you are cutting out 10 teaspoons of sugar from your child’s diet.

2. **Watch out for hidden sugar**
   Ingredients like corn syrup, dextrose, fructose, honey, sucrose, sugar, and syrup add extra calories to your drinks. Check the labels of the drinks you buy and look for beverages with fewer grams of sugar per serving.

3. **Avoid purchasing regular soda or diet soda for your child to drink at home**
   These beverages contain caffeine which can cause headaches, upset stomach, and disturbed sleep.

4. **Limit consumptions of artificially sweetened beverages**
   Even though these beverages are sugarfree they have no nutritional value. Drinking water is much better for your child and promotes healthy body functioning!

5. **Limit the amount of fruit juice your child drinks to 4 oz. per day**
   Opt for 100 percent fruit juice without added sugars. Try adding 4 ounces of water to 4 ounces of fruit juice for a delicious drink which cuts back on sugar.

6. **Cut back on sugary drinks in the home**
   Beverages like soda, sweet tea, flavored milk, sports drinks, fruit juice and Koolaid contain large amounts of sugar. Try drinking low-fat or skim milk, flavored water, seltzer water, or other low-calories beverages. Try soy milk or almond milk as a delicious alternative for children who cannot drink milk.

7. **Start making small changes in your child’s routine**
   Try offering water at each meal or keep a fresh pitcher of water in the fridge at all times. This will help get your child develop healthy drinking habits.

8. **Flavor water naturally**
   Try adding slices of fresh strawberries, oranges or blueberries to plain or sparkling water.

9. **Beware of sports drinks**
   Drink water instead of sports drinks which are loaded with sugar and provide little to no nutritional value.

10. **Let your child pick out a reusable water bottle**
    Water bottles come in many different sizes and colors and are a great incentive to help encourage your child to drink more water throughout the day.

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Lemon Mint Water

**Ingredients:**
- Fresh water
- Sliced Lemon
- Mint leaves

**Directions:**
Pour water into small cups and top with a small slice of lemon and mint.

Cool As a Cucumber Water

**Ingredients:**
- Sliced Cucumber
- Sliced Lemon
- Ice
- Fresh Water

**Directions:**
Fill a pitcher with cold water. Add the sliced cucumber and berries and let the flavors blend. Pour over ice and place an additional slice of cucumber in each cup and enjoy!