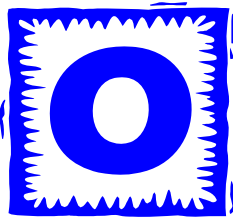


January

Building a Healthy SASD

Drink for Your Health!



Choosing a healthy diet is not just about picking healthy foods to eat, but it also includes thinking about the beverages we choose to drink. Try to choose healthier drink choices, such as water and low-fat milk. Try to limit or eliminate unhealthier sugary drink options, such as soda, “fruit drinks” or “-ades”, sweetened teas, and sports drinks. Water is always the best choice, but a few other drink options are described below to help you quench your thirst and drink for your health!

Milk provides our bodies with many nutrients, including protein, calcium and Vitamin D. Children should consume at least three 8-ounce glasses of milk or dairy each day.

What kind of milk should your family drink?

- Kids under 2 years should drink whole milk
- Kids 2 years and older should drink low-fat (1%) or fat-free (skim) milk
- Choose unflavored milk over flavored varieties. If you choose to drink flavored milk, make your own. This will allow you to control the amount of sugary syrup you add to your drink.



Fruit and vegetable juices can be healthy options, if you buy 100% juice and drink them in moderation. Always try to choose whole fruits and vegetables over juice, but if it is juice you crave, read the food label, and buy only 100% juice. 100% juices do not contain added sugar, but do contain some natural sugar.

Children under 6 months of age should not drink any juice, even 100% juice. Each day, 100% juice should be limited to:

- 4 to 6 ounces for children 1 - 6 years old
- 8 to 12 ounces for children 7 and older

Spritzer Punch

Recipe from CHOP, Nutrition in the Kitchen Cookbook
Serves 6

Ingredients:

1 liter of seltzer water
2 cups 100% fruit juice of your choice
2 cup strawberries, sliced
1 cup raspberries

Directions: Combine ingredients in a large pitcher. Chill in refrigerator for 2 hours.

Nutrition, per serving: 50 calories, 0 g fat, 0 mg sodium, 13 g carbohydrates, 1 g fiber, 1 g sugar, 1 g protein



Did You Know? Juice products labeled “-ade”, “drink” or “punch” often contain 5% juice or less. The only difference between these “juices” and soda is that they are fortified with Vitamin C.

Source: Let's Go! *Drink Less Sugar*, <http://www.letsgo.org/workplace/workplace-toolkit/>