

## What Should Kids Drink?

Drinks are important thirst quenchers and can be sources of vitamins and minerals for kids. But sweetened drinks, like sodas and fruit punches, give children extra calories without extra nutrients.

### Milk

- Give fat-free or low-fat milk to children 2 years old and older. Children 1 to 2 years old need whole milk.
  - Toddlers, preschoolers and children up to 9 years old need about 2 cups of milk per day.
  - Children 9 years old and older (and grown-ups!) need about 3 cups of milk per day.

### Water

- Offer your child water whenever he or she is thirsty.
- Give your child water to drink when he or she is playing actively, especially in warm weather.
- Offer water with snacks. This teaches your child to choose water when they're thirsty.

### 100% Juice

- Offer your kids 100% juice only (not "juice drinks" or "ades").
- Limit juice to 4-6 ounces per day.
  - Drinking too much juice can cause diarrhea and dental cavities.

**This smoothie is a drink that's hearty enough to be a snack.**

### Smoothies

Yield: 24 ounces      Serves: 4 adults

### Ingredients

- 1 small ripe banana
- 1 cup frozen fruit (blueberries, strawberries, etc.)
- 1 8-ounce carton low-fat yogurt (vanilla or fruited)
- 3/4 cup low-fat (1% or less) milk.



### Steps

1. **Peel banana. Using a cutting board and butter knife, cut banana into 1-inch chunks. Place the banana chunks into the blender.**
2. Measure the frozen fruit and milk needed.
3. **Put the measured fruit, yogurt and milk into the blender with the bananas.**
4. Cover the blender, and blend on high speed for about 1 minute or until the mixture is smooth.
5. Pour smoothie into cups, and **enjoy!**

**Have your child help you do the bold steps.**

# Help your kids make healthy drink choices!

Below are some ways you can encourage your kids to make healthy drink choices. Which of these describes you?

	Just Like Me	A Little Like Me	Not Like Me at All
I role model drinking water often.			
I bring bottles of water along when I got out with my kids.			
I don't buy sweetened drinks at the grocery store.			
I role model drinking fat-free or low-fat milk with meals.			
I keep a pitcher of water in my refrigerator.			
I order water when I eat out.			

