







**STAR kids should drink water.
Aim for 0 sugary drinks a day.**

What is a *sugary drink*?

Soda, fruit drinks, sports drinks, energy drinks, flavored milks, and fruit juices usually have lots of sugar and sometimes caffeine. Even 100% fruit juice has a lot of sugar!

Take Action!


-  Pay attention to how many sugary drinks your child has in a day or in a week. The fewer the better, so think of ways to start cutting back.
-  Make water and plain (unflavored) lowfat milk the drink choices for meals and snacks.
-  Limit your own sugary drinks. This will help your child make healthier choices as well.
-  Find out what drinks are available to your child at school and talk with your child about the drink choices s/he makes during the school day.

**Regularly drinking sugary drinks
may cause cavities and excess weight gain.**


















Tips for Cutting Back on Sugary Drinks

- ★ **Stock up on healthy drinks.**
 - Having healthy drinks like water and lowfat milk in the refrigerator will help your child make healthy choices.
 - Add fruit slices to a pitcher of water to make it colorful, fun, and fruity!
- ★ **Make it easy.**
 - Send a water bottle with your child to school or camp. Let him/her pick out a bottle they like, so they will want to carry it and use it.
- ★ **Be consistent.**
 - Remember your child's health goals when you are away from home. For example, when you are at a restaurant, order water or lowfat milk.

How much sugar is in that drink?

 = 1 Teaspoon

*per 8 oz serving

  7x	  7x	  10x
  7x	  6x	  4.5x
  0x	  4.5x	  4.5x



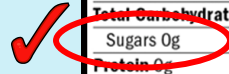
Be a Sugar Detective!



At the store, look for drinks that have 0 grams of sugar.

Nutrition Facts	
Per 1 cup (250 g)	
Amount	% Daily Value
Calories 100	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 3 mg	0 %
Carbohydrate 26 g	8 %
Fibre 1 g	4 %
Sugar 23 g	
Protein 2 g	
Vitamin A 20 %	Vitamin C 170 %
Calcium 2 %	Iron 2 %

Nutrition Facts	
Serving Size: 8 fl. oz. (237 mL)	
Servings Per Container: 2.5	
Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Cholesterol 0g	0%
Sodium 0mg	0%
Potassium 55 mg	2%
Total Carbohydrate 0g	0%
Sugars 0g	
Protein 0g	
Niacinamide	60%
Vitamin B5	50%
Vitamin B6	70%
Vitamin B12	100%
Not a significant source of saturated fat, trans fat, dietary fiber, Vitamin A, Vitamin C, or iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	



Read the ingredients.

Here are some that can tell you a drink has sugar in it:

High-fructose
Corn syrup

Fructose

Fruit Juice
Concentrates

Honey

Sugar

Syrup

Corn Syrup

Sucrose

Dextrose

Delicious and Nutritious Drinks

Fresh Fruit Cooler

Serves 1

Ingredients:

- 1/2 cup ice
- 3/4 cups sugar free sparkling water
- 1/3 cups berries or melon (frozen is fine)

Put ice, sparkling water, and fruit in a blender. Blend until slushy.

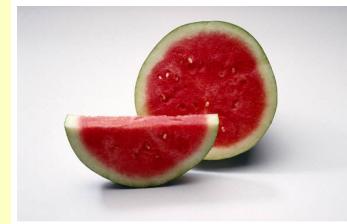


Watermelon Water

Serves 6

Ingredients:

- 4 cups of seedless watermelon chunks
- 6 cups of water
- 2 fresh limes



Put the watermelon into a blender and add the water. Blend until smooth. Pour into pitcher. Cut limes in half and squeeze into pitcher. Serve over ice.

Moving? Please let us know your new address and phone number.

Call toll-free 1-866-874-0857, or email STAR@hphc.org




Department of Population Medicine
Harvard Pilgrim Health Care Institute
133 Brookline Avenue, 6th Floor
Boston, MA 02215

Return Service Requested



Word Equations

Say the combination of pictures and/or letters out loud to help you figure out the mystery activity words.

 +  = _____

 + ER = _____

S +  + ING = _____

 +  = _____

10 + IS = _____

 +  = _____

BI +  = _____

TH +  + A +  = _____