



## SWAP OUT SUGARY DRINKS

Reaching for a soda or energy drink when we're thirsty is a habit, and we know habits can be hard to change. But every time we drink a sugary beverage, we need to think about the impact on our body and our teeth: we are consuming a surprising amount of sugar and empty calories. The good news is, just becoming aware of how many sugary beverages we drink daily can help us start making small changes that will add up to make a big difference. Here are a few suggestions to help you and your kids reduce the number of sugary drinks you consume.

### Getting Healthy Together

- 1 Keep track of how many sugary beverages you drink in a day and how many your kids are drinking.** Can you replace just one each day with milk or water?
- 2 Check to be sure your kids have access to free water, at school and at home.** Buy them a refillable water bottle. Make sure water fountains at school are in working order. Can you make water the fastest, easiest option?
- 3 Show your kids how much sugar is actually in one soda.** A 20-ounce can of cola has 17.6 teaspoons of sugar! Drinking one 20-ounce soda every day can contribute enough extra calories to equal 27 pounds per year! Explain how long it takes to burn off the calories from drinking a single sugary beverage. To offset the calories in one 20-ounce soda, you'd have to walk at a moderate pace for two hours.
- 3 Make smart beverage decisions every time you have a choice.** Take along your own water when you leave the house to avoid drive-through lanes when you're thirsty. If you do have a soda, opt for the smallest size.
- 5 Set a good example.** Let your kids see you drinking water, milk or juice instead of sodas. You may think they aren't paying attention, but they are! Kids are more likely to do what we do, not what we say. It's important to demonstrate that changes are possible and the results are positive.

### EATING OUT TIPS

- Try to cut back on eating at fast food restaurants.
- If you do eat out, save money and be good to your body by drinking water with your meal.

### Conversation Starters

Do you think energy drinks are good for you?

Did you know that 2/3 of your body is water?

And 90% of your brain is water?

**ACTION** FOR  
HEALTHY KIDS 