



## Healthy Drinks, Healthy Kids

Children and youth need fluids to stay hydrated and healthy. What children drink can have a big impact on their health!



### Drinks to choose everyday

- **Water:** Offer throughout the day. Encourage your children to carry their own water bottle during active play, sports, and on the go.
- **Milk or plain fortified soy beverage:** Send milk for lunch or include with breakfast and dinner to help your child get enough protein, calcium, and vitamin D. Kids need 2 cups (500 mL) of milk or fortified soy beverage per day.

### Drinks to choose sometimes

- **Flavoured milks or flavoured soy beverage:** These drinks have the same bone building nutrients as milk or fortified soy beverages, but also have added sugar.
- **100% juice:** Kids should eat their fruit instead of drinking it! Juice has vitamins and minerals, but is also high in natural sugar. If kids drink too much juice, they may not be hungry for healthy meals and snacks. If offering juice, pick 100% juice, and limit to ½ cup (125 mL) per day.

### Drinks to limit

- **Drinks with added sugar:** Did you know that beverages such as ‘drinks’ and ‘punches’ are made up of mostly sugar and water? Limit drinks that are high in added sugar like energy drinks, sugar sweetened pop, fruit flavoured drinks, punches, sports drinks, and ice slushes.
- **Specialty waters:** These waters, such as vitamin waters, often have added sugar, sugar substitutes, and/or herbs. Specialty waters are not recommended for kids.

#### Kids don't need caffeine!

Kids may become nervous, irritable and have problems sleeping if they have caffeine. Caffeine is found in drinks like cola, iced-tea, coffee-based drinks and energy drinks. These drinks aren't recommended.

For more information on other drinks and how to choose a drink, please visit: [www.ahs.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf](http://www.ahs.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf)

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