

Healthy Drinks, Healthy Kids Hydrate with Water!

Most kids are drinking more than 30 gallons of sugary drinks each year. This can increase their risk for tooth decay and weight gain.

How can I reduce sugary beverages?

Drinking water between meals is a great way to stay hydrated and prevent dental cavities.

Practice Makes Progress!

Flavor water with fruit, vegetables and herbs.



Photo by Bre Bailey

Having milk at meals can also help your child get enough calcium and Vitamin D.

Serve 4-6 ounces of 100% juice with no added sugar per day. This is equal to 1 small cup of juice or 1 small juice box.

Limit soda/pop, energy drinks, and sports drinks. Doctors recommend children under 5 avoid having soda, energy drinks, and sports drinks.

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RECIPE



Berry Icebergs:

1. Take 1 carton of berries and an ice cube tray.
2. Rinse your berries, and pat dry.
3. Fill your ice cube tray with water, and carefully place 1-3 berries in each ice cube tray slot.
4. Allow your berry icebergs to freeze overnight.
5. Watch your icebergs float and see if you can drink your water before the iceberg melts!

Ingredients: Water, carton of small berries, ice cube tray.

Related Game idea:

Join your child in having “water breaks” in between play, sharing the goal of “finishing X number of cups of water” during the day.



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