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.

Ingredients: Water, berries, ice cube tray

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!

Serve no more than 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.

Knowing where your drinking water comes from, how it’s been treated, and if it’s safe to drink is important. Your local health department can provide information about groundwater conditions and options for water safety and quality testing.

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

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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