

# Healthy Drinks, Healthy Kids

## Think about your Drink!

Beverages such as pop, energy and sports drinks, fruit drinks, flavored coffee and sweet tea, have little to no nutrients and a lot of **added sugar**.

### How much added sugar should my child have?

Children should not eat or drink more than 6 teaspoons (24 grams) of added sugar daily.

Drink (12 ounces)	Teaspoons of sugar
Regular soda	13
Fruit Drinks	11 ½
Lemonade	6 ¼
Sports drink	2
Water (any size)	0



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### Water is an essential nutrient

**Water should be your first choice when you are thirsty because your body needs water to work properly. By the time you feel thirsty, your body is already a little dehydrated.**

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.

### RECIPE: Berry Blast Infused Water



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1. Add **2 cups of berries** and **½ a sliced lemon** to **½ gallon of water**.
2. Use a spoon to lightly press on the fruit to let out some of the juices.
3. Let sit in the refrigerator for about an hour and enjoy! (If using frozen fruit, you'll want to let them thaw a little before the flavor will be released.)

Don't Like Berries? Try these Ideas!

Ginger, Oranges, Mint, Lime, Lemon, Cucumbers



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