

# Healthy Drinks

Pop, energy drinks, vitamin waters and fruit drinks (drinks that are not 100% juice) contain a lot of sugar but not very many nutrients. These drinks can replace healthier drinks and foods that our bodies need.

## What is in these drinks?

- **Pop, iced tea, sports drinks, fruit drinks, fruit beverages and fruit cocktails** are high in sugar and have very few nutrients.
- **Energy drinks** contain a lot of sugar and also have a lot of caffeine. Energy drinks are dangerous for children.
- **Vitamin waters** have minerals, vitamins or herbs but have a lot of sugar too. It hasn't been proven that vitamin waters provide any health benefits. No kind of vitamin water has all the vitamins your body needs each day. Your body uses vitamins better when they come from food. Vitamin waters can also also dangerous for children.



**2 cans of pop a day =  
44 pounds of sugar a year!**

## What is a good drink to choose?

- **Water** is one of the best drink choices for our bodies. Drink water to quench thirst. Keep a pitcher of water in the fridge so that it's cold and handy.
- **Milk** is a good source of calcium and vitamin D. Offer milk at meals. Try a new recipe that includes milk, like a fruit smoothie.
- 100% pure fruit juice, vegetable drinks, or fruit and vegetable juice can also be drink options occasionally. Limit servings of juice to ½ cup a day.

