

Choosing More Water and Milk



There are tons of beverage options available to us today, and sugary ones can be especially tempting for our preschoolers. Sugar-sweetened beverages are drinks like fruit-flavored drinks, sodas, lemonade, sweetened teas, energy drinks, and sports drinks. They are inexpensive and widely available, making them hard to avoid, but they can cause many health

problems. Instead of choosing sugar-sweetened beverages, offer your preschooler plenty of water and low-fat milk.

Water and low-fat milk are the best drink choices, no matter your age. They don't have added sugar and they provide important nutrients for our bodies. Encourage your preschooler to drink water all day long to keep them hydrated. Have them keep a water bottle with them to make it easier to drink more water. Flavor water with cucumbers, lemon juice, or fruits like berries and oranges. Low-fat milk helps children's bones grow strong. You

can offer low-fat milk to your preschooler on its own and include it in foods like cereals, oatmeal, and smoothies. When you offer juice to your preschooler, make sure it's 100% juice and limit servings to 4–6 ounces or less per day. Try adding water to 100% juice to reduce sugar intake.

Limit the number and amount of sugar-sweetened beverages you give your preschooler. Drinking them regularly can contribute to obesity, diabetes, heart disease, and other health problems. As an alternative to sugar-sweetened beverages, you can give your preschooler a "fruity fizz" with seltzer water or diet ginger ale, 100% fruit juice, and whole fruit.

Make smart drink choices for you AND your preschooler by drinking more water and low-fat milk!

