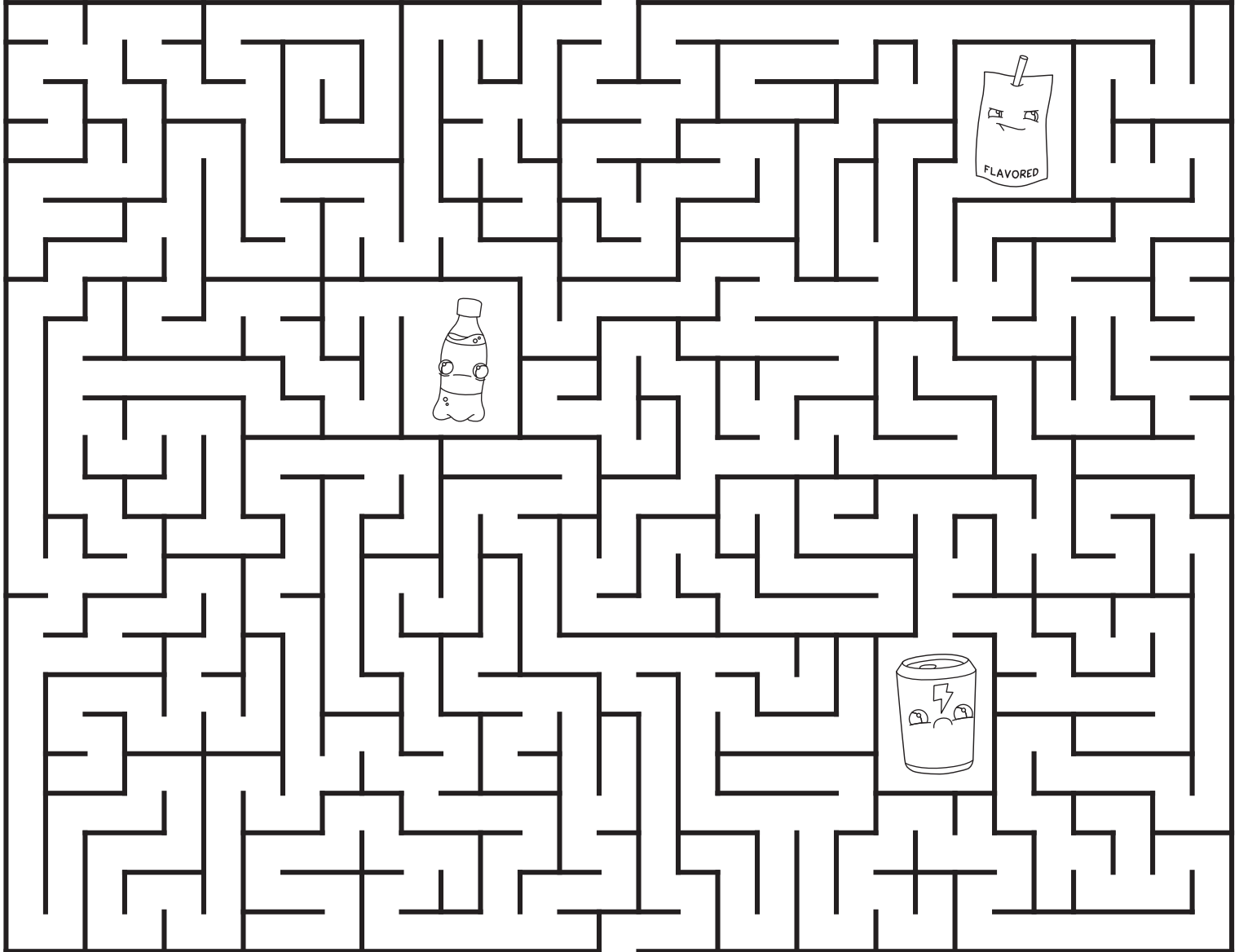
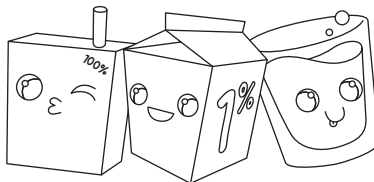


YOU ARE SWEET ENOUGH

Say so long to sugary drinks like fruity drinks, lemonade, sports drinks, sweet tea and sodas. Avoid them as you work through the maze to reach the healthy, delicious drinks below!



Your heart and brain will say Woohoo to Water and Mmmmm to 1% Milk!



Drink just a little of 100% juice and eat whole fruit and veggies instead.

PARENTS!

The American Academy of Pediatrics recommends that children under 1 year not drink fruit juice. Older children should limit 100% juice to 4 ounces for children ages 1-3 years, 4-6 ounces for children ages 4-6 years and 8 ounces for those 7 and older.

The American Heart Association recommends avoiding added sugars and sugary drinks for children under the age of 2 and limiting sugary drinks for older children ages 2-18 to no more than one 8 oz. sugary drink per week. Some kids today drink as much as ten times that amount!

Learn more at heart.org/eatsmart

