

“How can I help my family THINK about what they DRINK?”

Drink Think

Calling all parents to help kids think about their drink!



Think about thirst quenchers

What is the first drink you reach for when you are thirsty? If water is NOT one of your first choices, think about your drink! Water quenches thirst without adding extra calories or sugar.

Make it easy and appealing for thirsty kids to grab-and-go with water!

- Keep the refrigerator at home stocked with cold water.
- Pack an ice chest with water bottles when you are on the go.



Measure your “sipping” level

Sipping something through the day seems to be a national pastime. You might be surprised how those sips of sugary drinks add up through the day.

There are about 10 teaspoons of sugar in 12 ounces of sugared soft drinks and over ¾ cup of sugar in 36 ounces. With all of that sugar, it is no wonder that kids who are sipping on sugary drinks all through the day have little appetite at mealtime.



Get the whole family to help make a healthy SPLASH!

Tips and facts for creating a family *Drink Think* plan.

- Go for 3-A-Day of low-fat dairy foods every day! When teamed with **Active Play**, calcium builds strong bones and awesome teeth. Serve low-fat milk with meals. Be a 3-A-Day role model by choosing milk, too. As an extra-added bonus, calcium helps maintain a healthy weight! One serving of milk is 1 cup.
- Enjoy low-fat milk, 100% fruit juice, or water with your fast food meal. If extra large soft drinks come with your meal, SHARE.
- Bypass fruit drinks for 100% fruit juice. ¾ cup makes one of your 5-A-Day servings.
- Refresh with water! Everyone needs to stay well-hydrated, especially with warm weather and active play.
- Think all drinks in your plan. Diet sodas seem harmless, but often take the place of milk or other healthy drink choices.

Family Talk

- Do you know how much sugar you are sipping throughout the day?
- What sizes of cups, mugs, and glasses does your family use for drinking?
- What size bottles or cans of favorite sugary drinks are at home?

Write your thoughts about healthy changes.



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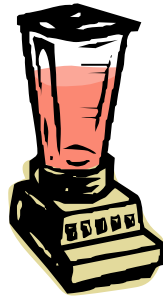


Resources

National Dairy Council
www.nationaldairycouncil.org/
 Dairy information and tips

WhyMilk?
www.whymilk.com/
 Milk recipes, fun and tips

Children's Nutrition Research Center, Baylor College of Medicine
www.bcm.edu/cnrc/consumer/archives/factsanswers.html
 Questions and answers related to hydration and other topics



SHAKE IT UP!

Blend:

- Frozen strawberries
- Pineapple juice
- Lowfat yogurt
- Lowfat milk

Serve as a quick snack or breakfast drink.

Fit & Fun Family Goals

Family Talk: Discuss the following *Drink Think* questions. Write thoughts about current habits. Set Fit & Fun Family goals.

***Drink Think* Questions**

Family Drinks	Current Habits	Goals
What drinks are offered at mealtime?		
What drinks are available with snack foods?		
How often does your family drink soft drinks and in what amount?		
How often does your family choose water instead of sugared drinks?		
What drinks are on hand for the family to grab-and-go?		
Does the family choose water, low-fat milk, or small soft drinks when eating fast foods?		