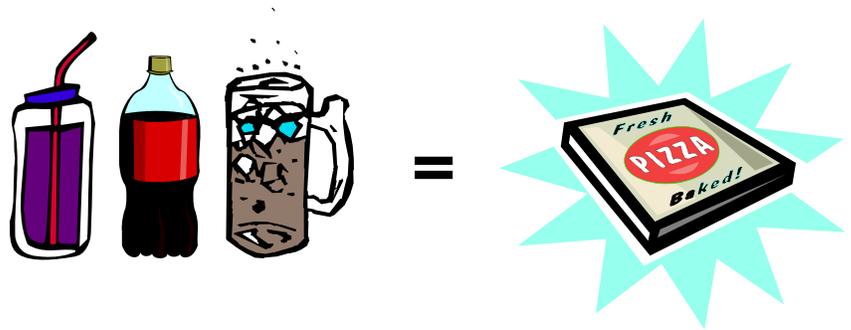


This handout belongs to:

Sugary drinks and 100% fruit juice can cause **weight gain**.

Just three 20-oz drinks can add up to as many calories as a whole 10-inch pizza!



Examples of sugary drinks:

- Soda
- Hugs
- Fruit drinks
- Ice tea
- Lemonade
- Gatorade
- Kool Aid
- Power Aid

Examples of fruit juice:

- Apple
- Orange
- Pineapple
- Cranberry
- Juicy Juice

Limit fruit juice to one small cup a day.

Instead... drink **low-fat milk** with meals and drink **water** with snacks. You can help your child **avoid sweet drinks** by not keeping them in your home.

See other side for more tips for a healthy weight!

More Tips for a Healthy Weight:

1. Be active by playing inside and outside.

Play inside: Turn off the TV and play. Clear a space for exercising with a video or dancing. Run up and down stairs. With young children, play with soft-foam balls or squishy toys. Help your child to play at least one hour a day.

Play outside: Have fun with bikes, jump ropes, basketball, soccer, baseball, squirt guns, tag and hopscotch.

2. Do not allow endless snacking.

Follow a regular meal schedule for breakfast, lunch and dinner, plus one afternoon snack and a small bedtime snack if needed.

Snack ideas:

1/2 sandwich	cereal & low-fat milk
slice of plain pizza	fruit
carrots with dip	yogurt
tortilla or 4 crackers	pudding
with cheese slice	4 PB crackers

3. Eat most meals at home.

Eat fewer fast food meals.

Fast food can be full of calories, fat and sugar.

If you must eat out, follow these fast food tips:

Share a Super Size: By sharing a large order of fries, you will eat fewer calories, less fat and save money, too!

Rethink your drink: A 32-oz soft drink has over 300 calories, almost 1/2 cup of sugar and no nutritional value. Switch to low-fat milk or water.