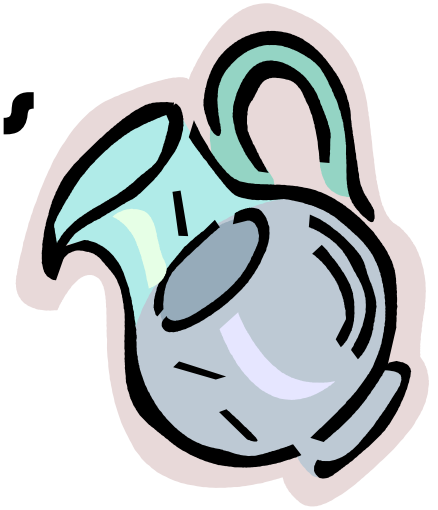


Fifteen fast facts for fluids



1. Limit Juice intake to 4oz for Children, 8oz for adults
2. Avoid soda as much as possible, especially for children
3. Between meals, try offering a fresh fruit or vegetable instead of juice
4. When drinking soda, try diet, caffeine free
5. If you are drinking soda, include it with a meal, rather than on its own
6. When thirsty between meals, Drink Water!
7. When making coffee at home, use a small amount of sugar or sugar substitute and lower fat dairy alternatives
8. When buying coffee, tea, or hot chocolate, ask for lower fat dairy alternatives and avoid whipped cream, which is made of mostly saturated fat
9. Avoid herbal teas
10. For an extra boost of energy, try taking a nap or a walk, rather than an energy drink
11. Offer 1% or fat free/skim milk to children over 2 years old. Limit intake to 16oz
12. Use fat free frozen yogurt and 1% or skim milk when making or buying milkshakes
13. If you are offering liquids other than milk, juice or water, wait until afternoon time
14. Offer fluids towards the end of the meal
15. Offer all beverages in a regular cup