

DRINKS — DOCTOR ORDERED, KID APPROVED

When it comes to drinks, following your pediatrician's orders and pleasing your kids may sound impossible. But it doesn't have to be. Use these tips to find the best beverages that keep your kids and their doctor happy.

Doctor:

Give them non-fat or 1% plain dairy milk.

Kid:

And by "plain" you mean chocolate, right?

WHAT TO DO:

- **Make plain milk fun.** Serve it in their favorite cup, with a fun straw, or in a sports bottle if that does the trick.
- **Have a milk mustache contest.** Silliest pic gets the title of Mustache Master and is posted on the fridge.
- **Slurp it out of cereal.** Seeing who has the best slurping skills can be a great way to start their day.

Doctor:

Drink 100% fruit or vegetable juice, but keep it to 4 oz. (60 calories) per day.

Kid:

One more glass! Pretty please with sugar on top?

WHAT TO DO:

- **Water it down.** Add water to their juice to make that 4oz. stretch farther.
- **Buy the best.** Look for 100% juice that is mixed with water (check the ingredients and avoid any with added sugar)

Doctor:

The best drink for your kids is water — plain and simple.

Kid:

Boooorring. I want something that tastes good!

WHAT TO DO:

- **Buy naturally-flavored water.** It's made with herbs (such as mint or ginger) or essence oils (such as orange or lemon oilphase) to add flavor without the sugar.
- **Let the kids add the flavor.** You can use whatever's on hand, such as lemons, oranges, or mint.
- **Try sparkling water.** Because c'mon, every kid loves bubbles.

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