

THIS JULY, RE-THINK YOUR DRINK!

"Rethink Your Drink" is a campaign from the Centers for Disease Control. Get more information and download their brochure at http://www.cdc.gov/healthyweight/healthy_eating/drinks.html

It's the heat of the summer, and now is a good time to RE-THINK YOUR DRINK!

STAY HYDRATED...



- Water is the best choice for most people. Choose sports drinks if you are doing long, heavy activity in the heat.
- Drink fluid before, during and after physical activity.
- Stay away from alcohol and caffeine. Avoid caffeinated energy drinks.
- During heavy exercise in the heat, drink 16-32 oz/hour of fluids. In rare cases, people can drink too much water, so pay attention to your body.
- Eat water-rich fruits and vegetables.

SMART TIPS FOR HEALTHY DRINKS...

- Don't drink your calories. Beverages should make up only 10% of your daily calories (~200 calories per day).
- Coffee and tea in moderation are good sources of antioxidants. Watch added fats and sugars.
- 100% fruit juice is a good way to increase fruit intake.
 - For Children: 4-6 oz/day for ages 1 to 6 and 8-12 oz/day for ages 7 to 18.
- Drink 1% or skim milk.
- Carry a water bottle.

MILK AND TODDLERS

The American Academy of Pediatrics supports reduced-fat milk for toddlers over age 1 at risk for obesity.

Talk to your doctor about what's best for your child.



READ LABELS! look for...

Number of servings per container - keep it to one serving for portion control.

Calories per serving – keep calories from drinks to 200-300 calories/day (adults).

Fat grams – milk and cream add fat and calories to drinks like coffee and smoothies.

Nutrients like Vitamin C, D & calcium – avoid "empty" calories with no nutrition value.

Sugars (corn syrup, fructose, sucrose, honey) – added sugar means added calories.

Here is a "stoplight" guide to drink choices based on calories and nutrition:



- **WHOA:** regular soda, whole milk, lemonade, slushes, energy drinks
- **SLOW:** 100% fruit juice, 2% milk, sports drinks, fruit smoothies
- **GO:** water, skim milk, fitness water, diet soda, unsweet tea, diet lemonade

Visit www.kidsgetalife.org for more healthy tips.

Created by Heather Chambliss, PhD - DeSoto County Community Health Council



MS SCHOOL VENDING POLICY FOR BEVERAGES



ELEMENTARY SCHOOL

- Bottled water
- Low fat and non fat milk with up to 160 calories / 8 oz
- Up to 8 oz serving of milk and 100% juice
- 100% juice up to 120 calories / 8 oz

MIDDLE SCHOOL

- Same as above, but juice and milk may be sold in 10 oz servings

HIGH SCHOOL

- Bottled water
- No or low calorie beverages with up to 10 calories / 8 oz
- Up to 12 oz servings of milk, 100% juice, light juice & sports drinks
- Low fat and non fat with up to 160 calories / 8 oz
- 100% juice up to 120 calories / 8 oz
- Light juices and sports drinks with no more than 66 calories / 8 oz
- At least 50% of beverages must be water and no or low calorie

FUN TIPS FOR KIDS

- Make a real fruit smoothie ~ blend a frozen banana (peel, halve and freeze) or strawberries w/ low-fat vanilla soy milk.
- Freeze fruit juice in ice cube trays to add to sparkling water.
- Add orange, lemon, or lime slices to water.
- Pick a reusable water bottle in a "cool" design.



MY HEALTHY DRINK WEEKLY CHECKLIST



Print out this checklist. Mark the number of "go" "slow" and "whoa" beverages you drink each day. Try a contest at work, school, church or home. Have fun with goals like "Soda Free Sunday," "Fruit Juice Friday" or "Water Wednesday."

	GO	SLOW	WHOA
	water, skim or 1% milk, unsweet tea, diet soda, lemonade or other low-calorie drink	100% fruit juice, 2% milk, sports drinks, real fruit smoothies	whole milk, sweet tea, regular soda and lemonade, slushes, energy drinks
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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