



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

May 2007

Sweet Drinks

Some children drink a lot of sugary drinks such as soft drinks, sport drinks and fruit drinks.

A child can become overweight from drinking sugary drinks.

- Children can become overweight from what they drink, not just what they eat.
- Small children know how much they need to eat. They will eat when they are hungry. They usually stop eating when they are full.
- Drinking sugary drinks is not the same as eating solid foods. The calories in sugary drinks are not as satisfying as the calories in solid foods.

Drinking sugary drinks may not satisfy a child's appetite.

- Some children will drink a large sweet drink and still eat a normal size meal.
- Some children will sip on sweet drinks all day long. This can add up to a lot of extra calories and cavities!

There are a lot of calories in sugary drinks.

Drinking sugary drinks will increase your child's chances of being overweight.



A 12 ounce can of soft drink has 150 calories.

- An average preschool child needs about 1400 calories each day.
- Drinking 1 can of a soft drink each day will add up to 1050 calories in a week.
- At that rate, a preschool child who eats normally and drinks 12 ounces of a soft drink each day will gain one extra pound each month or 15 extra pounds in a year!

Limit Sugary Drinks!

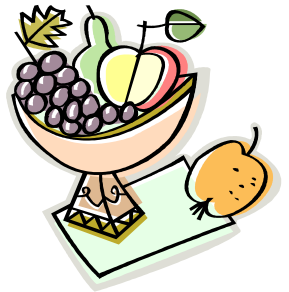
- **Drink water between meals.**
A glass of cold water tastes great!
- **Keep a pitcher of cold water in your refrigerator.** Children like to have a drink of the "special water".
- **Keep sugary drinks out of your house.** If there are sugary drinks in your refrigerator, your child will want to drink them.
- **Limit fruit juice to 4 to 6 ounces each day or less.** Too much juice can be a problem too.
- **Limit sport drinks.** They have a lot of sugar and calories, just like soft drinks. Your active child needs water and real food!
- **Snack on fruits and vegetables.** They are great sources of water! Children will be less thirsty when snacking on fruits and vegetables.
- **Your child learns by watching you.** Drink water and limit soft drinks to rare occasions.



Snack on Fruit

Fruits and vegetables are naturally high in water. Keep plenty of fresh fruit in your refrigerator this spring and summer!

- ◆ Red and green grapes
- ◆ Strawberries, blueberries, raspberries
- ◆ Apples and applesauce
- ◆ Kiwi fruit, mangos, papaya
- ◆ Watermelon, cantaloupe, honeydew melon
- ◆ Oranges and tangerines
- ◆ Pineapple



Strawberry Cooler

- 1 cup fresh or frozen strawberries
- 1 cup skim milk
- 1 cup strawberry sherbet

1. Blend strawberries, skim milk and sherbet together until smooth.

Orange Frosty



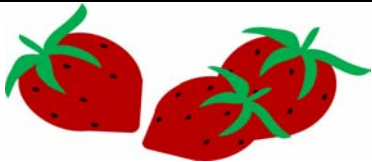
- 1/2 cup 100% orange juice
- 1 cup low-fat milk or plain low-fat yogurt
- 4-5 ice cubes

1. Place all ingredients in a blender and blend until shake is smooth. Serve.
2. Add fresh peaches or strawberries for variety.

Strawberry-Orange Shake

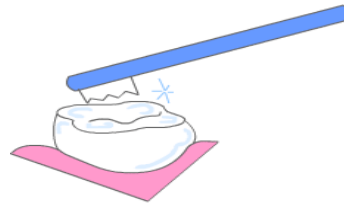
- 2 cups fresh or frozen strawberries
- 1 banana
- 1 cup orange juice
- 1 cup frozen low-fat yogurt

1. Blend strawberries, banana, orange juice and frozen yogurt together until smooth.



Strawberries - A Spring Treat!

- Strawberries are good for us. Strawberries are a great source of vitamin C.
- Snack on fresh strawberries. Enjoy their fresh sweet flavor with your child!
- Dip strawberries into flavored low fat yogurt.
- Top your peanut butter sandwich with sliced strawberries.



A Child's Smile

Nothing is sweeter than your child's smile.
Your child's smile starts with healthy teeth.

- ◆ Brush teeth after meals and snacks.
- ◆ Help your child brush and floss his teeth until he is 6 or 7 years old. By then, he'll be able to do it on his own.
- ◆ Use toothpaste with fluoride.
- ◆ Put only a pea size amount of toothpaste on your child's toothbrush. Teach your child to spit out the toothpaste after he brushes his teeth.
- ◆ Drink water with fluoride. If your water does not have fluoride, ask your doctor or dentist for a fluoride supplement.
- ◆ Limit fruit juice to 4 or 6 ounces or less each day. Drinking sweet drinks throughout the day can cause cavities.
- ◆ Have 2 to 3 planned snack times each day. Snacking all day long can cause cavities.
- ◆ Wean your toddler from a bottle by 1 year of age.
- ◆ Use sippy cups and spill proof cups only at meals and snacks. Don't let your toddler carry a cup around the house. Leave the cup in the kitchen after taking a drink.
- ◆ Take your child to the dentist when he is 1 year old.



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Nutrition Coalition

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