Soda, juice drinks, flavored milk and sports drinks are loaded with added sugars and calories with little or no nutritional value.

Sugary drinks can destroy teeth, cause obesity and lead to type II diabetes.

**PROTECT YOUR KIDS**

- Serve water and low-fat or non-fat milk.
- Set an example and don’t drink sugary drinks yourself.
- Avoid the sugary drink aisle at the supermarket and don’t bring them in the house.
- Add slices of fruit to a glass of water.
- Serve no more than 4-6 oz. of 100% juice a day for kids ages 1-5.

CutSugaryDrinks.org
Children who drink soda have nearly double the risk of tooth decay. Every extra sugary drink a child has per day increases their risk of obesity by 60%. Drinking 1 or 2 sugary drinks a day increases a child’s risk for type II diabetes by 25%.