Avoid Soda & Sugar-Sweetened Drinks

**The Problem: Soda**
Soda has no nutritional value and is high in sugar. Just nine ounces of soda is equal to 110-150 empty calories. Many sodas also contain caffeine, which kids don’t need.

**The Solution:**
Let your child know that soda is a treat and serve it in moderation.

**The Problem: Sports Drinks**
Sports drinks contain sugar that kids don’t need.

**The Solution:**
Encourage you kids to drink water instead of sports drinks, even during sports events.

**Tips to Make it Easier:**
1. Make low-fat milk and water the drink of choice
2. Remember, water is the best drink when you are thirsty
3. Cut back slowly on sugar-sweetened drinks
4. Don’t replace soda with other sugar-sweetened beverages, such as juice and sports drinks

For more information, visit [www.letsgo.org](http://www.letsgo.org)