



Eat right. Be active. Get healthy.

## LET'S GO! TAKES 5-2-1-0 TO SCHOOL

# Avoid Soda & Sugar-Sweetened Drinks

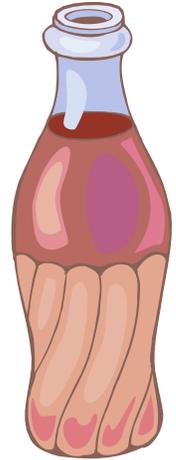
### **The Problem: Soda**

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.

- [http://www.kidshealth.org/parent/food/general/drink\\_healthy.html](http://www.kidshealth.org/parent/food/general/drink_healthy.html)

### **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)**

The Barbara Bush  
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