



Eat right. Be active. Get healthy.

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

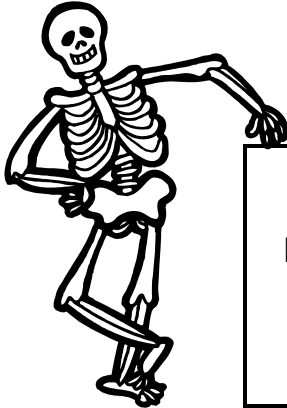
Encourage Water & Low-Fat Milk Instead of Sugar-Sweetened Drinks

According to the National Dairy Council:

- Children, ages 4-8 years should be consuming three, 8 ounce glasses of milk or other dairy each day



- Children, ages 9-18 years should be consuming four and a half, 8 ounce glasses of milk or other dairy each day



Did You Know?

For kids of all ages, water and milk are the best choices. Water is calorie-free and drinking it teaches your children to accept a low-flavor, sugar-free beverage to quench thirst.

-<http://www.revolutionhealth.com>

Tips to Make it Easier:

Water

1. Keep bottled water or a water bottle on hand
2. Add fresh lemon, lime, or orange wedges to water for some natural flavor

Milk

1. Gradually make the change from whole milk to low-fat milk
2. Make a milk shake using low-fat milk, ice, and your favorite berries

For more information, visit www.letsgo.org

The Barbara Bush
Children's Hospital
At Maine Medical Center

