

Pick a plan to cut back on sugary drinks



Limit sugary drinks to only special occasions, like birthday parties or holidays.



Serve smaller servings of sugary drinks.



Be a role model at home. Reduce the number of sugary drinks YOU consume each week.

Drink water when you get out and play.



Keep water chilled in bottles or pitchers in the refrigerator.



Send children to school, day care or camp with a refillable bottle of water.



Drink water when you are thirsty.



Don't sip sugary drinks during the day. Limit to meal times.



Do not keep sugary drinks in your home.



Make water fun. Add slices of fruit or sprigs of mint, or give your child a fun straw to use.



Even One is Too Much

Powdered mixes, sports and energy drinks, soda, vitamin drinks and other sweetened beverages can lead to serious health problems:

- Cavities
- Type 2 diabetes
- Unhealthy weight gain
- Heart disease

The U.S. Dietary Guidelines for Americans recommend that you limit added sugar to a very small amount – less than 10 percent of the calories you eat and drink every day. *That means just ONE sugary drink can have more sugar than you should have in ONE day.*

How to Find the Added Sugars

Check the back of the bottle. Read the ingredient list to see if sugar is added to your drink. The first ingredients are the ones that appear in the largest amounts. *If a sweetener is listed in the first three ingredients, the drink is loaded with sugar.*

Sugar Goes by Many Names

Sugar isn't always called sugar. The following sweeteners add calories with little or no nutritional value:

Agave nectar

Brown rice syrup

Cane sugar or juice

Corn syrup

Fructose

Fruit juice concentrate

Fruit nectar

Glucose

High-fructose corn syrup

Honey

Malt syrup

Sucrose

Choose healthy drinks for healthy teeth.
Drink water and low-fat milk.



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