

Idaho Fit Kids=Happy Kids



"I'm Thirsty"



How much fruit juice does your child get each day? You already know that too much soda, tea and sweet drinks aren't good, but what about pure, natural fruit juice? Too much of a good thing is not good for your child! Both juice and sweet drinks can spoil your child's appetite for other foods needed for proper growth. They can also cause diarrhea or make your child overweight.

☐ **How much juice should my child drink?**

Limit pure juice to 4 to 6 ounces daily. Limit sweet drinks to occasional treats.

☐ **What can I give my child instead?**

Give your child three servings of milk daily.
Children are more likely to drink milk with meals.
Offer water instead of juice between meals.

☐ **What if my child keeps asking for more juice?**

Offer a choice of milk or water instead.
If both are refused, firmly tell your child that these are the choices.
You control what your child is offered. Children will drink water if they get thirsty.

☐ **How can I get my child to drink water?**

Serve water in a sports bottle or in your child's favorite cup with a straw.
Keep a colorful container of water in the refrigerator.
Offer water flavored with a bit of fresh lemon or lime.
Dilute juice with water.
Mix juice with unsweetened seltzer water in place of soda.
Set the example. Drink water with your child.

☐ **Some health and safety tips.**

Drinking juice, milk or sweet drinks from a bottle can cause your child's front teeth to decay.
Use a cup to prevent serious dental problems.

Cans of imported juice may contain lead. Unpasteurized juice can make your child sick.
Buy pasteurized juice which is packaged in the U.S.