



©Karen's Kids

I want to grow up  
**HEALTHY**, so please  
help me choose what  
to **DRINK**.

Understand that healthy  
drinks include water,  
1% or nonfat milk for children  
over 2 years old

Offer me water throughout  
each day

Remind me that my body  
needs the good things  
in milk to build strong bones  
and teeth

**Remember to set a good  
example by also choosing  
healthy drinks for yourself**



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\*California Department of Public Health



### Check list:

- Use cheap and easy tap water to help children to stay cool and healthy
- Know that adding extra water to juice and serving it throughout the day, bathes the teeth in sugar for hours and causes tooth decay
- Children who drink too many sweet drinks may be too full to eat healthy foods, get tooth decay, gain too much weight, and be at greater risk of diabetes
- Choose fresh, frozen, canned or dried fruit or vegetables with no added salt, sugar, or oils
- Go easy on 100% juice; limit to one 4-6 ounce serving each day

**Be a good  
role model for your  
children when  
choosing your  
drinks**