



The Children's Hospital

Say NO To Sugar Sweetened Drinks!

DRINK THE FOLLOWING:

- Water
- Milk (1% or skim)
- Calorie-free flavored Water-Dasani, Aquafina, etc
- Crystal Light
- Sugar free Kool-Aid
- Unsweetened, Caffeine-free iced tea

DON'T DRINK THESE SUGARY DRINKS:

- Lemonade
- Juice
- Flavored milks
- Fruit drinks
- Sports drinks
- Tea with sugar
- Orange Juice
- Powdered drink mixes
- Fruit punch
- Sodas and pop



For a fun snack, make homemade popsicle's out of calorie-free flavored water

What you will need:

- An ice cube tray
- Popsicle sticks (local craft store)
- Calorie-free flavored water

1. Pour flavored water into tray
2. Place in freezer; freeze until slushy
3. Place Popsicle sticks in the center
4. Freeze until solid
5. ENJOY!

Drink More Water!

Water is calorie-free and keeps your body hydrated. The more water you drink the better!

Drink 32-64oz a day! Try carrying a water bottle with you and keep refilling it throughout the day!



Make water more exciting by adding slices of lemon, lime, or watermelon

