

Take this lesson to learn about:

- Types of drinks to offer without added sugar.
- Fun and healthy smoothie recipes.
- How much milk and water to offer each day.

> TO GET STARTED:

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PRO TIP

Drinking water instead of sugary drinks is a great choice for good health.

MAKE DRINKING WATER FUN!

Drinking water instead of sugary drinks is a good option. Limiting sugary drinks helps your child develop healthy life-long habits. Too many sugary drinks can lead to unhealthy weight, tooth decay, and other health problems later in life. The good news is, there are fun and healthy ways to offer nature's healthiest drink!

HERE ARE SOME IDEAS TO HELP MAKE DRINKING WATER FUN!

- Serve in a fun, colorful cup.
- Have a reusable water bottle for each family member.
- Add a small amount (2 ounces) of 100% fruit juice to a glass of seltzer water.
- Offer water with a reusable straw.
- ⏪ Mix fruit and ice in a blender for a cool slush. Blend well, and remove any ice chunks before serving.
- Dilute 100% juice with water. Slowly increase the amount of water to juice until the drink is mostly water.
- In colder months, consider warming the water to a safe temperature and adding natural flavor. **Cinnamon, lemon, and mint** are all delicious options.

