

# Healthy Beverages

## Benefits of Fat-Free or Low-Fat Milk:

- 1. Builds and maintains strong, dense bones.
- 2. Keeps teeth strong.

## Benefits of Drinking Water:

- 1. No fat or calories.
- 2. Tap water is free.
- 3. Essential to every cell in the body (skin, brain, muscles, and organs).

### Farmers Market or Green Cart Shopping List

Add some fruit to your water by picking up some lemons or oranges from your local market.



## Family Goal

Goal: Replace regular soda and juice with fat-free or low-fat milk, or with water!  
Check if you reached your goal:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Fact of the Week

Regular soda has no nutritional value and is high in calories.

### Surprising Fact

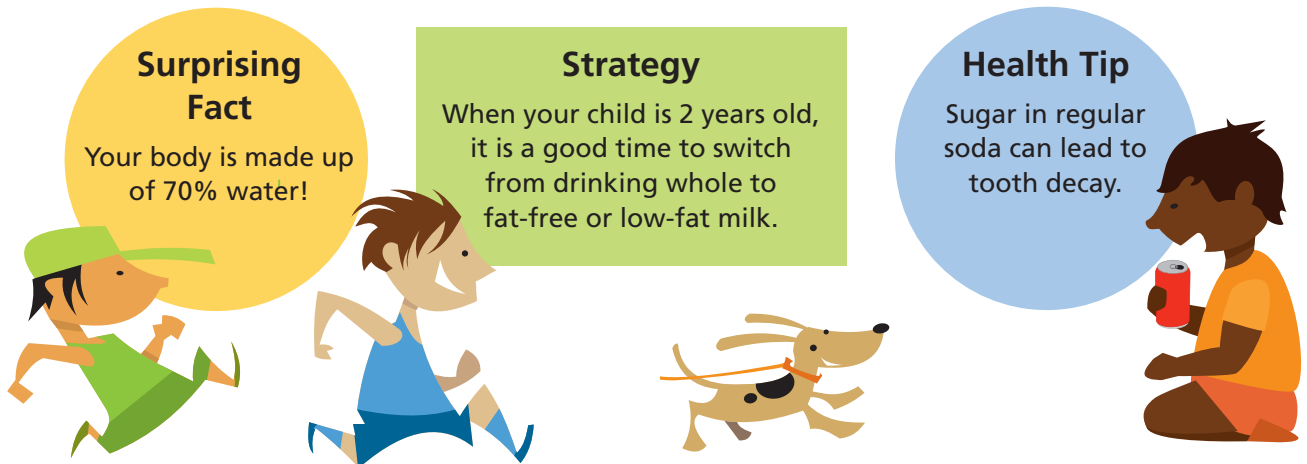
Your body is made up of 70% water!

### Strategy

When your child is 2 years old, it is a good time to switch from drinking whole to fat-free or low-fat milk.

### Health Tip

Sugar in regular soda can lead to tooth decay.



# At-Home Tools

## Books

*A Cool Drink of Water*  
by Barbara Kerley  
*Dog is Thirsty*  
by Satoshi Kitamura  
*Thirsty Baby*  
by Catherine  
Ann Cullen



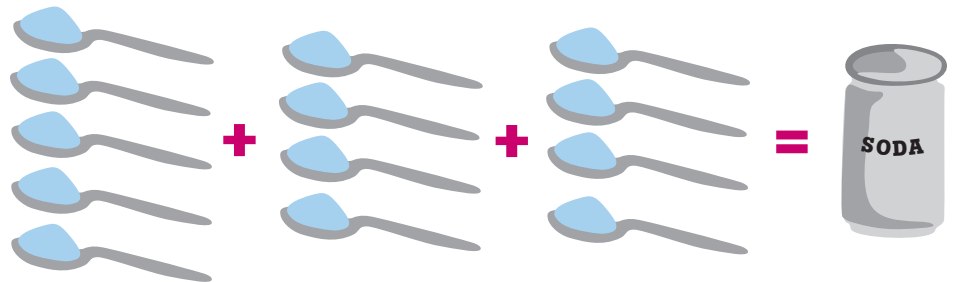
## New Beverage Words to Use

1. Thirsty
2. Full
3. Empty
4. Less
5. More



## Did you know...

One can of regular soda has 13 teaspoons of added sugar!



## Fun Activities

### Science Experiment

When you lose a tooth, place it in a glass of soda for a day or two to see what effect soda has on teeth!

### Bathtub Fun

Help children develop science and math skills as they use a variety of plastic containers to measure and pour during bath time.



## Delicious Recipes

### Lemon Water

Squeeze fresh lemons into a glass of water for a refreshing drink.

### Orange-Strawberry Popsicles

Make your own popsicles using an ice cube tray or small disposable cups and popsicle sticks. Fill with water and add fresh squeezed oranges and mashed strawberries. Cover with aluminum foil and poke the sticks through the foil to hold them in place. Put in your freezer. Once frozen, pop out of container and enjoy.