

Healthy Hydration

Promote healthy habits by encouraging kids to consume more water and low-fat milk (or dairy substitute), plus limit or eliminate sugary drinks.

0 sugary
drinks and more
water every day

LIMIT JUICE

- Avoid products labeled “-ade,” “drink” or “punch” as they often contain 5% juice or less.
- Always choose whole fruits over juice.
- Buy only 100 percent juice.
- Daily juice intake should be limited to 4 – 6 oz. for kids ages 1 – 6 and 8 – 12 oz. for youth 7 – 18.
- No juice should be consumed by children under 6 months of age.
- Make changes slowly by adding water to your child’s juice.
- Suggest a glass of water or low-fat milk (or dairy substitute) instead of juice.
- Try mixing seltzer with a small amount of juice.

BE WATER WISE

- Keep bottled water on hand.
- Add flavor to water with fresh citrus slices.
- Keep a pitcher of water in the fridge.
- Water is the number one thirst-quencher, so always offer it as a first choice when kids are thirsty.
- Replace soda and other sugary drinks with water, cutting back slowly until they are completely eliminated.
- Remember: When kids exercise, they sweat, and when they sweat, they lose water and minerals. It is important, then, to replace the water that is lost.
- Energy drinks are NOT sports drinks and should never replace water during exercise. Water is the number one fuel for our bodies.



MAKE THE MOST OF MILK

- Children ages 2 – 3 should consume two 8-oz. glasses of low-fat milk (or dairy substitute) per day.
- Children ages 4 – 8 should drink two-and-a-half 8-oz. glasses of low-fat milk (or dairy substitute) per day.
- Kids ages 9 or older should consume three 8-oz. glasses of low-fat milk (or dairy substitute) per day.

Just 9 ounces of soda has 110 – 115 empty calories and it contains caffeine that kids don't need!

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.