

# Parent Corner

## Ways You Can Help Your Teen Select and Enjoy Healthy Drinks

- Keep water and other healthy drinks around for your child to make it easier for your child to pick water to drink when she or he is thirsty.
  - Keep a container of water in the refrigerator for easy access for thirsty family members.
  - Have your child help flavor water with slices of fruit and/or vegetables; try them as a family to find your favorite flavor.
  - Bring water containers with you when you are away from home and your child gets thirsty.
- Keep less healthy drinks out of your home.
  - Limit the amount of less healthy drinks you have at home.
  - Make less healthy drinks, such as soda, a special treat to only drink once a week.
- You are an important role model for your child. Show him or her that you also are picking healthy drinks when you are thirsty.

### ***What is a healthy drink?***

Plain water, water flavored with fruit slices (no sugar), carbonated water ("sparkling water") and plain milk are healthy drinks. Depending on your preferences, no-calorie / "diet" drinks are fine substitutes for sugary beverages.

### ***What are less healthy drinks?***

Any drink with added sugar, such as soda, fruit-flavored drinks, sports drinks, and sweetened tea. Although 100% juice does not have added sugar, it's a source of concentrated calories – eat your fruit instead.

### ***Why is it important to help children choose healthy drinks?***

Choosing healthy drinks will lower the amount of liquid calories (especially sugar) that your child gets every day.