

Preschoolers and Sodas

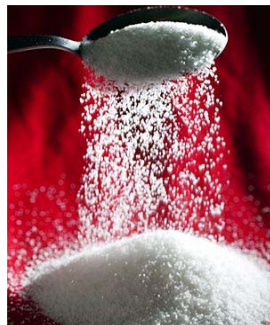
Discourage your child from drinking soda and other sugary, high-calorie drinks.

Why Not Soda? Preschoolers and Sodas

- Soda, a carbonated drink, has no nutritional value.
- Drinking soda can get in the way of good nutrition by filling up your preschooler with empty calories.
- Drinking soda replaces more nutritious choices, like milk, that preschoolers need for healthy growth.
- Soda often contains caffeine.
- Caffeine may affect children's sleep patterns and may contribute to dehydration in hot weather.
- High consumption of sodas can contribute to tooth decay and weight gain.



- A 12-ounce can of soda contains approximately 136 calories and about ten teaspoons of sugar.



Why Milk and Water? Best Drinks for Preschoolers

- Milk supplies important nutrients, such as vitamins A and D, protein, and the mineral calcium.
- These nutrients help your child grow and develop properly.
- Choose whole milk for children up to two years of age.
- Choose 1% or fat-free milk for children two years of age and older.
- Water is an important nutrient needed for many body functions.
- Water helps transport nutrients, remove waste, and regulate body temperature.
- Be sure water is available and consumed freely by your preschooler.



Recipe Corner



Try this nutritious and refreshing milk shake recipe for your children.

Banana Berry Dynamo

SOURCE: *Kids... Get Cookin'*
California Children's 5 a Day-Power Play!
Campaign

INGREDIENTS:

1/2 banana, peeled and sliced

*1 cup unsweetened frozen berries
(strawberries, blueberries, and/or
blackberries)*

1/2 cup low fat (1%) milk or fat-free milk

1/2 cup frozen orange juice concentrate

PREPARATION:

- 1. Place all ingredients in a blender container. Cover tightly.*
- 2. Blend until smooth. If mixture is too thick, add 1/2 cup cold water and blend again.*
- 3. Pour into 2 glasses and serve.*



Healthy and Active Preschoolers, Preschoolers and Sodas, Tip Sheet 6, provided by the California Department of Education, Nutrition Services Division, through an interagency agreement with the California Professional Nutrition Education and Training (Cal-Pro-NET) Center at Fresno City College.

Visit the Web site at <http://www.healthypreschoolers.com>