



CATCH Kids Club Family Tip Sheet: BEVERAGES



As a family, name as many types of beverages as you can in 2 minutes.

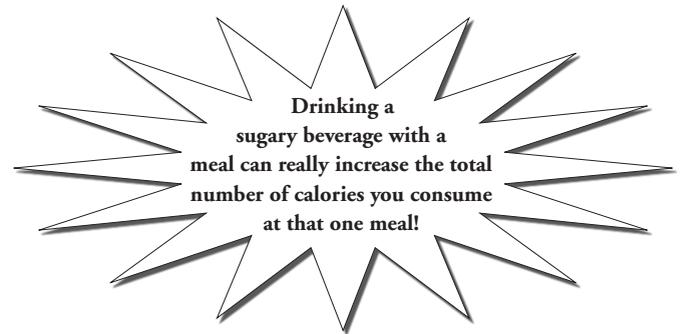
Isn't it amazing how many beverage choices there are? Beverages have become a big part of what people consume. Because of this, it's important to think about what you're drinking . . . and to know which beverages to drink more often and less often.

To stay healthy and in good shape, drink these **GO beverages** *more often*:

Milk—fat-free or 1% plain (unflavored): Contains little or no fat—and no added sugars. The calcium in milk helps bones and teeth stay strong and healthy. Also, milk is a good source of protein. *NOTE:* Calcium-fortified, unsweetened soy, rice, and almond milk are also GO beverages. (For SLOW and WHOA types of milk, see the GO-SLOW-WHOA List attached to The Basic CATCH Messages Tip Sheet.)

Water: Contains no calories, fat, or sugar. It gets rid of toxins in your body. It keeps you from getting dehydrated. And—if it's not bottled—it's free.

100% fruit juices: Contain no fat, and provide vitamins and minerals. But since they contain a lot of natural sugars, you should drink no more than 1–1½ cups a day.



To stay healthy and in good shape, drink these **WHOA beverages** *only once in a while*:

soft drinks
vitamin water
sweetened tea drinks

sports drinks
fruit-flavored drinks
sweetened coffee drinks

energy drinks
fruit juice drinks

As a family, name all the reasons you can think of for limiting the number of WHOA beverages you drink. Then see how many of your reasons are in the list that follows.

WHY LIMIT WHOA BEVERAGES?

- 1. Empty Calories:** You're taking in calories when you drink WHOA beverages. But you're not getting any good nutrition along with those calories.
- 2. Weight Gain:** Did you know that drinking just one 12-ounce soft drink a day can make a kid gain 10 pounds in a year? Many health studies suggest that even diet soft drinks can lead to gaining weight.
- 3. Disease:** The added sugars can lead to diabetes. Even diet soft drinks cause an increased risk of diabetes, according to health studies.
- 4. Damage to Teeth:** The added sugars can cause cavities. Also, most carbonated beverages contain acids that can erode tooth enamel. And dark-colored soft drinks and some caffeinated drinks stain your teeth.
- 5. Caffeine:** Energy drinks, some soft drinks, and sweetened tea and coffee drinks that aren't decaffeinated contain caffeine. Caffeine can disturb kids' and teens' sleep; cause anxiety, dizziness, and headaches; and make their body lose calcium.
- 6. Cost:** Most sugary WHOA beverages are basically colored sugar water. Estimate how much your family spends each week on colored sugar water. What else could you spend that money on?

SET A GOAL

Instructions to the family: Each person should estimate how many soft drinks and other sugary beverages they drink in a week. Then set a goal to reduce that number.

Tips for Healthier Beverage-Drinking

- 1.** Don't buy WHOA sugary beverages . . . or buy them only for special occasions.
- 2.** Look at the Nutrition Facts label to see how many servings are in the container. Most companies make the serving size small so the beverage won't seem so unhealthy. Find out how many calories and grams of sugar are in the amount you're planning to drink.
- 3.** Drink more water. Try flavoring it sometimes with a squirt of lemon or lime.
- 4.** Dilute WHOA sugary beverages with ice or water.
- 5.** Add plain or sparkling water to 100% fruit juices.
- 6.** Buy fat-free or 1% milk instead of 2% or whole milk. Buy flavored milk only once in a while.
- 7.** If you buy bottled water, buy it either unsweetened or flavored with natural fruit.

What other tips can your family think of to add to this list?