



Your Weight Reflects What You Drink

Would you ever eat ten teaspoons of sugar at once? Would you give ten teaspoons to your children? You may be without knowing it. You have at least 10 teaspoons of sugar every time you drink a can of soda. An 8 oz. glass of juice has almost the same amount of sugar. Too many of these sweet drinks can be harmful to your family's health.

Health Effects of Sweet Drinks

Diets high in sodas or fruit juice can cause unwanted weight gain for you and your family. Weighing too much raises your family's risk for type 2 diabetes, high blood pressure and heart disease. If your children drink more than 4 to 6 ounces of fruit juice a day, they can get too many calories. The extra calories can make them weigh too much. And weighing too much is not the only problem. The large amount of sugar in these drinks also increases their risk for tooth decay.

Avoid High Fructose Corn Syrup

High fructose corn syrup is a form of sugar. It is found in many sodas, sport drinks, and sweetened products. Like regular sugar, it has no vitamins or minerals. And it is high in calories. High fructose corn syrup can cause you to put on the extra weight that can lead to health problems. It may in fact make people more likely to gain weight than table sugar.

Hold the Fruit Drinks

Did you know that most fruit drinks only contain about 5-10% fruit juice? Many companies claim that their juice drinks are rich in fruit juice. But they are basically sugar water. Help your family get the vitamins and minerals they need. Only buy 100% fruit juice. The juice offered on WIC is 100% fruit juice.

Parenting Tip:

Serve whole fruit or fruit pieces instead of fruit juice. Fresh and dried fruit has fiber. Fiber is important for good digestion. Plus, a piece of fruit usually has less calories than a glass of juice.

What Can You Do to Keep Your Family Healthy?

- Limit juice 4 to 6 ounces per day for children and 6 ounces for adults
- Limit sodas to less than 1 can a week
- Drink water or vegetable juice instead of sweet drinks
- Give your children 16 ounces (2 cups) of calcium-rich milk every day and have 3 cups yourself to take care of your bones



This institution is an equal opportunity provider.



© 2006. Department of State Health Services. Nutrition Services Section. All rights reserved. Stock no. 13-06-11826