



©Karen's Kids

I want to grow up
HEALTHY, so please
help me choose what
to **DRINK**.

Understand that healthy drinks include water, 1% or nonfat milk for children over 2 years old

Offer me water throughout each day

Remind me that my body needs the good things in milk to build strong bones and teeth

Remember to set a good example by also choosing healthy drinks for yourself



Contra Costa
Child Care Council
www.cocokids.org





Check list:

- Use cheap and easy tap water to help children to stay cool and healthy
- Know that adding extra water to juice and serving it throughout the day, bathes the teeth in sugar for hours and causes tooth decay
- Children who drink too many sweet drinks may be too full to eat healthy foods, get tooth decay, gain too much weight, and be at greater risk of diabetes

**Be a good
role model for your
children when
choosing your
drinks**