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Questions? Comments?  
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## Healthy Drinks for Kids!

Many drinks contain lots of calories and sugar, but none of the healthy nutrients your child needs to grow. Instead of juice or soda, your child would benefit more from drinking water and eating a piece of fruit as a snack because fruit contains vitamins and fiber. Milk is important for bone growth and contains protein. When sugary beverages replace milk or fruit a child may not get all the nutrients they need. Sugary beverages can also lead to excess weight gain or dental cavities. Below is a comparison of some common beverages' sugar content.



### Sugar content of some popular drinks:

- 20 oz bottle soda= 73 grams sugar= 18 teaspoons
- 16 oz bottle chocolate milk= 50 grams sugar= 12.5 teaspoons
- 20 oz bottle sports drink= 34 grams sugar= 8.5 teaspoons
- Water= 0 grams of sugar!

## Let's Get Cooking ....

### Banana Berry Smoothie:



Put the following ingredients into a blender and blend until smooth:

- 1 cup frozen strawberries and/or blueberries
- 1 banana
- 1 cup vanilla yogurt or kefir
- Water or 100% fruit juice to thin to desired consistency.

## Do You Know?

What does *water* do for me?

- Helps regulate body temperature
- Assists in the digestion of food
- Ensures the right nutrients get delivered to the parts of the body that need them
- Aids in the removal of waste in the body
- It is the main component of your blood
- Helps remove carbon dioxide from the body



Adapted from: Lift-Off's Playground: Do You Know About Water. [www.lifoffsplayground.com](http://www.lifoffsplayground.com).