

Cheers to Healthy Drinks

Choosing healthy drinks for your child is just as important as eating healthy foods.



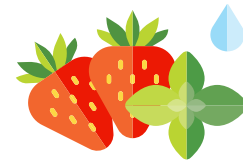
Water: **Water is the best choice!** It helps the body stay cool, work well, and digest food. Add flavor with fruit and herbs. Let kids have fun picking their favorite mixes. Try these fun combos:



ORANGE, LEMON, LIME



WATERMELON MINT



STRAWBERRY BASIL

Milk: Dairy milk provides calcium, protein, and vitamins. Drinking milk helps kids grow strong bones and teeth. Choose plain milk instead of flavored milk. For kids who can't drink dairy milk, choose a plant-based milk like soy with no added sugar.

Smoothies: Smoothies are a fun way to pack in lots of healthy foods! You can blend milk, fruits, vegetables, and yogurt into a tasty drink that kids will love. Avoid adding sweeteners like sugar, honey, or ice cream. Try these fun combos:



STRAWBERRY, BANANA, SPINACH



BANANA, MANGO, PINEAPPLE, CAULIFLOWER

Some drinks are not healthy for kids.

Sugary drinks, like soda and punch, and drinks with caffeine, like coffee and energy drinks, can cause health problems. It's best to avoid them. Juice should also be avoided. If you do give your child juice, choose 100% fruit juice with no added sugar. A small glass or half a cup of juice is enough.

For more information: www.greauxhealthy.org

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