

Tips to Keep Kids Healthy!

- **Serve milk or water to young children. Even 100% fruit juice contains a kind of sugar called “fructose.” Doctors recommend young children drink no more than four to six ounces of 100% fruit juice per day.**
- **Prevent tooth decay. Don’t put soda and other sugary drinks in baby bottles or sippy cups.**
- **Make your own fruity, low-calorie “spa water” at home by adding strawberry or melon slices to a pitcher of water. Refrigerate until cold - kids will love it!**



Calculating How Much Sugar Is In A Container

Nutrition Facts	
Serving Size 20 fl.oz (591ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	
Total Fat 0g	% Daily 0%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 69g	
Sugars 69g	
Protein 0g	

* Percent Daily Values are based on a 2,000 calorie diet

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron

Calculation:
Grams of Sugar ÷ 4 =
Teaspoons of Sugar

Example for a 20 oz. soda:
69 Grams ÷ 4 ≈ 17 Teaspoons

Check the servings!
If the container has more than one serving, multiply the number of teaspoons by the number of servings to get the Total Teaspoons of sugar in the container.

For CalFresh information, call 1-877-847-3663.

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Visit www.cachampionsforchange.net for healthy tips.

- California Department of Public Health.



Make a Commitment to a Healthier You!

To get started, check one or more actions below.

- _____ I pledge to choose water instead of sugary drinks.
- _____ I pledge to keep my family healthy by reducing sugary drinks and foods at home.
- _____ I pledge to help make my school, workplace or community a place with healthy beverage choices.

Name _____

Email _____



www.sodafreesummer.org

