



## Drink Water!

One can of soda has about 150 calories and 40 grams of sugar. This is equal to about 10 packets of sugar. Drinking an extra can of soda every day for a year, without burning it off through physical activity, will lead to 54,750 extra calories or about five pounds of weight gain each year.

### Zoo Fun Fact:

Orangutans—like people—need good food options to stay healthy. The Indianapolis Zoo's nutritionist creates specialized diets that address the specific needs of each individual.



More information and resources at [wfyi.org/5210](http://wfyi.org/5210)



Anthem Blue Cross and Blue Shield Foundation





## Tips for Your Family

- Be a role model. Drink your water throughout the day.
- Serve water or low fat milk at meals. If it's around, they will drink it.
- Give everyone a water bottle to take to school or work and refill it often.
- Make sweetened drinks a treat rather than an everyday choice.
- Try not to keep sweetened drinks around the house. If it's around, they will drink it.
- Water is the best choice to rehydrate during and after physical activity.
- Avoid sports drinks except for high intensity activity for long periods.

## The Scoop on Juice Drinks

- Always choose whole fruits over juice.
- Juice products labeled "-ade", "drink" or "punch" often contain 5% juice or less. The only difference between these "juices" and soda is that they're often fortified with Vitamin C.
- If you choose to serve juice, buy 100% juice.
- Make changes slowly by adding water to your child's juice.
- Suggest a glass of water or low fat milk instead of juice.



## Rethink Your Drink!

Sweetened drinks such as soda, fruit drinks, punch, sweetened ice tea, sports drinks and energy drinks contain a lot of added sugar. The added sugar can be cane sugar, corn syrup, sucrose, fructose, honey and many others. Too many sugar-sweetened drinks can lead to health problems such as unwanted weight gain and cavities.

Avoid sugar-sweetened drinks. Buy, serve and drink water and low-fat milk instead. Low-fat milk is nutritious and helps kids build strong teeth and bones. Water is the best drink when you're thirsty.

