



Best-Bet Beverages For Growing Kids



Drink

GO!	Water is the ultimate thirst-quencher, and milk (including unsweetened nut milks) are low in sugar and high in calcium, which kids need.
	Water
	Unsweetened, unflavored sparkling water
	Low-fat milk
	Unsweetened soymilk
	Unsweetened almond milk
	Unsweetened coconut milk
GO SLOW	100% juice is healthy, but too much of it provides too much natural sugar and can contribute to obesity. Appropriate daily servings are listed below.
	Orange juice
	Apple juice
	Grape juice
NO-GO	Avoid drinks that contain added sugar, caffeine and high amounts of supplements intended to replenish athletes after workouts. If your child has sugary drinks, try diluting them with water.
	10% fruit drink
	Powdered drink mix (with sugar added)
	Sport drinks , such as Gatorade
	Soda

