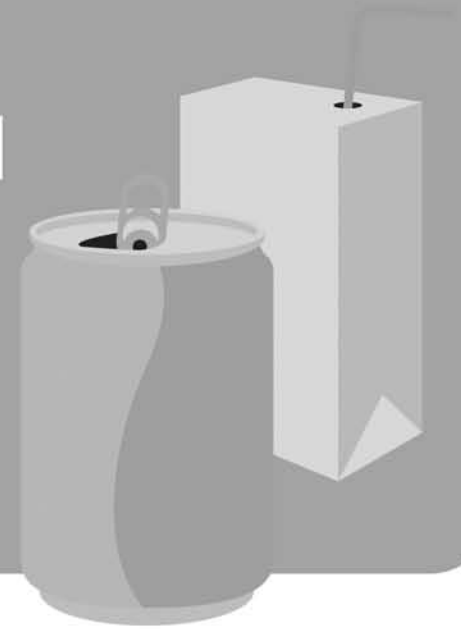


# 4c

## Food Program

# Healthy Habits: Sugar Sweetened Beverage

Reducing these beverages can be an obesity prevention strategy.



Child care providers have a unique opportunity to shape young children's healthy development,

through promoting physical activity, screen time limitations, good nutrition, and healthy sleep practices.<sup>1</sup> The 4-C Food Program Tots at the Table initiative, funded by the ConAgra Foods Foundation, is designed to encourage child care providers to focus on promoting child wellness through setting personal goals related to child nutrition and physical activity.

<sup>1</sup> U.S. Department of Health and Human Services. The Surgeon General's Vision for a Healthy and Fit Nation. Rockville, MD: U.S. Department of Health and Human Services, Office of the Surgeon General, January 2010.

Sugar sweetened beverages such as soda, fruit drinks, or juices (particularly juice that is not 100% juice) may contribute to childhood obesity. Reducing consumption of sweetened beverages can be an effective childhood obesity prevention strategy.

Sugar sweetened beverages contribute to excess calorie intake from added sugars or displace more nutritious foods in the diet. These beverages can also contribute to tooth decay.

This packet includes information on the alternatives to sugar sweetened beverages, ways to keep kids hydrated, how to encourage children to serve themselves, exciting recipes to stay cool, and role modeling.

### Best Practices:<sup>2</sup>

- Clean, sanitary drinking water should be readily available through the day, both indoors and outdoors.
- When children are thirsty between meals, water is the best choice.
- Per CACFP requirements, milk should always be offered at meals
- Whole fruit should be encouraged as an alternative to fruit juice because whole fruit has fiber which keeps children full longer than juice.
- CACFP requires you to serve only full-strength, 100% juice. Best practices recommend that juice be limited to 4-6 ounces per day for 1 through 6 year-old children.

<sup>2</sup> American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. 2010. Preventing Childhood Obesity in Early Care and Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition. [http://nrckids.org/CFOC3/PDF-Version/preventing\\_obesity.pdf](http://nrckids.org/CFOC3/PDF-Version/preventing_obesity.pdf)

In one study, 41% of children consumed sugar sweetened beverages at least three times per day.

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**ConAgra  
Foods**  
Foundation

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# Activities

## Keeping Kids Hydrated

### 8 oz. a day

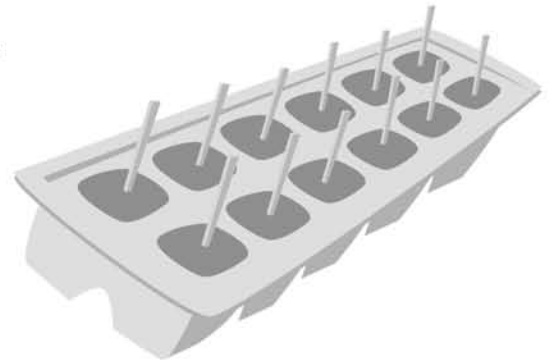
Start off every day with an 8 oz. glass of water. Make it a goal/challenge with the kids. This will keep them hydrated better throughout the day and may even slow their urge to snack.

### 1 Fruit/1 Veggie a day

Another challenge/goal would be to incorporate at least one fresh fruit and one fresh vegetable into your day. This will keep kids better hydrated and is also so refreshing!

### Homemade Popsicles

Make homemade Popsicles by freezing 100% fruit juice. Use Dixie cups or any small recycled container. Making sure it is not too large. Keep the serving size down to 3 - 6 oz. Place foil over the top and pop a craft stick into the center. Kids love to make and eat these. Try a variation by using 100% fruit/vegetable juice or just 100% vegetable. Better still try using the following recipes—the cucumber soup would make a very refreshing popsicle. Think outside the box.



### Fruit Slushies

Crush ice and make your own slushy using again sparingly 100% real fruit/vegetable juice. When you make your own you can control the amount of sugar. Use some of the following recipes, they too would make great slushies.

### Watering Plants

As an experiment with the kids take three plants. Have them start off by planting and caring for them like you would normally. When the plants get to a good growth stage. Tell the kids to run this experiment. Label the plants 1, 2, 3. Then over water the first one, don't water the second one and maintain a good watering schedule with the third. Have the kids observe on a daily basis what is happening. Explain to them that all living things including humans need water to survive. It is important that we maintain a good schedule ourselves, drinking pure water daily. Let them know too that we do receive water from fruits and vegetables too.

## Help Children be Successful at Serving Themselves

Encourage children to serve their own water. Make sure to have child-sized cups and pitchers to ensure success!

### Pouring is easier for children when...

They are pouring from a small, clear, plastic pitcher that is less than half full.



They are sitting in a comfortable, stable position.



They try to fill their cup or glass no more than half full.



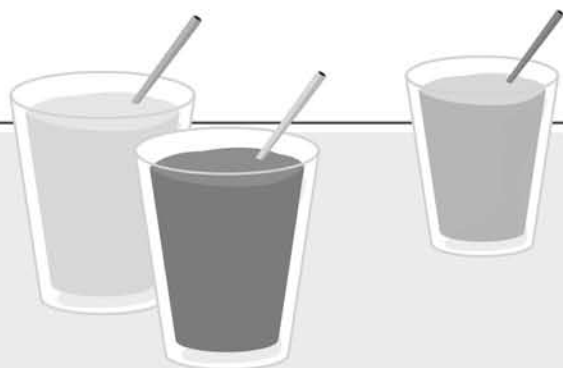
# Recipes

## Energy Smoothie

Place all ingredients into a blender and blend until smooth.

### Ingredients:

¼ cup Almond Butter or Peanut Butter    1 tsp ground cardamom  
1 ½ cups water    1 cup frozen peaches  
1 to 2 tsp agave syrup    ½ cup ice



## Cucumber Soup

Blend all but the mint for 3 minutes. Add the mint and blend for 15 seconds. Chill. Very refreshing.

### Ingredients:

3 cucumbers peeled and seeded    1 lemon; peeled  
¼ cup pine nuts    4 cups water  
¼ cup mint leaves    1 tsp salt  
2 Tbls olive oil

## Pineapple & Avocado Gazpacho

Combine all, then add half to a blender. Pour in the remaining ingredients. Add ½ cup of water if thinning is desired.

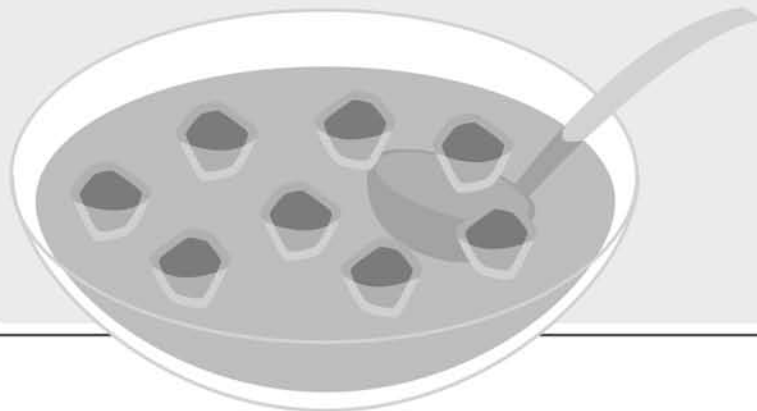
### Ingredients:

2 cups pineapple diced small  
1 avocado, diced small  
½ tsp salt  
juice of 1 lime  
sprouts and cilantro to garnish.



## Watermelon Ice Cubes

Pour the juice off the watermelon, as you cut it up, into ice cube trays or puree the watermelon in a blender. Freeze and add the ice cubes to water for a great way to cool off on a hot day!



# Family Information

## Quick Facts:<sup>1</sup>

- A 12-ounce glass of orange juice contains 180 calories, which is the same as eating three chocolate chip cookies.
- Drinking just one 12-ounce can of soda every day for a year is equal to 55,000 calories, or 15 pounds a year.
- If a child drinks one soda and two glasses of Kool-Aid each day, the child is consuming roughly:  
150 calories for the glass of soda  
240 calories for two glasses of Kool-Aid (120 calories each glass)  
TOTAL: 390 calories a day
- Over the course of one year, the child will consume an extra 142,000 calories from these drinks.

<sup>1</sup> [http://www.ucsfbenioffchildrens.org/education/sweet\\_drinks\\_and\\_obesity/index.html](http://www.ucsfbenioffchildrens.org/education/sweet_drinks_and_obesity/index.html)

## Role Modeling

Role modeling positive behaviors will help children establish healthy habits. Here are some alternatives for parents and providers for beverages with less added sugar:

- WATER is your best alternative. In its pure and unaltered state water provides us with the right amount of hydration without the added calories. Add a squeeze of lemon or lime—still low calorie.
- Unsweetened herbal tea
- Coffee without sugar
- Sparkling water with a teaspoon of fruit juice added. Will add flavor but not as many calories.
- Crush herbs into sparkling water let them steep about a half hour, then remove and enjoy your refreshing no-calorie drink.
- Sports drinks give you an energy boost for longer activities but they also give you added carbohydrates, sugar, and salt. Only drink sports drinks when involved in a rigorous workout. It has been shown that most adults/children have no need for these. We are then just adding more calories to our bodies than needed. Drink water when at sporting events.

## Water Consumption

Water makes up about 60 percent of your body and every system in your body depends on water. Water is vital to survival. Without water, we become dehydrated. But how much water is enough? Too much? The Institute of Medicine advises that adult men consume roughly 3 liters (about 13 cups) of total beverages per day and women consume 2.2 liters (about 9 cups) of total beverages per day. Total beverages means your morning coffee or tea are included in that amount.