



Be "Sugar Savvy"!

ReTHINK
your
drink



The average 4 to 5 year old child consumes **65 pounds of added sugar a year**¹



41% of children ages 2-11 drink at least one soda or sugar-sweetened beverage on an average day²



Juice is loaded with sugar – **two small juice boxes (6.75 oz) contain more sugar than one can of soda**³

WHAT CHILD CARE PROVIDERS AND PRESCHOOLS CAN DO TO HELP PREVENT OBESITY:



SERVE water or milk and limit 100% juice to 4-6 oz per day per child.



CELEBRATE special days without sugary treats – instead have a puppet show, treasure hunt or fruit/veggie party.



READ books to children that support healthy messages like *Drink Water, Said the Otter* or *Carrot Soup*.



ENCOURAGE your site to develop a “no added sugar policy” so children are not consuming added sugar throughout the day.



Bay Area Nutrition & Physical Activity Collaborative

1 Daniels, S., Does increased added sugar lead to decreased diet quality? Journal of Pediatrics, January 2005, Vol 146, Issue 1

2 Babey, S. et al. Bubbling Over: Soda Consumption and Its Link to Obesity in California. UCLA Center for Health Policy Research, Sept., 2009

3 <http://www.ahealthyme.com/topic/toomuchsugar>

RESOURCES: Sugar Savvy lessons, Soda Free Summer campaign materials, healthy snack lists, & more...

www.banpac.org www.sodafreesummer.org

www.cocokids.org/health-and-nutrition/nutr/choice