**THE GOOD**

- WATER! Try adding fresh fruit and herbs to your cold, crisp, clean water. Other alternatives include seltzer and low-fat milk.
- READ LABELS - Choose drinks with no more than 25 calories per 8 ounces.
- If consuming fruit juice, make sure it is 100% juice—serve in a small glass AND dilute with water.

**THE BAD**

- JUICE
  * NO JUICE before 12 months
  * NO JUICE should be given in sippy cups or bottles
- ADDED SUGAR should make up no more than 10% of the total daily diet in children and adults.
- SUGAR SUBSTITUTES should be avoided!

**THE UGLY TRUTH**

- Every additional serving of sugar-loaded beverages per day increased risk of obesity in children by 60%.
- Sugar loaded drinks lead to many diseases including obesity, type 2 diabetes, cardiovascular disease, cancer and more.
- One soda a day equals 30 extra pounds per year.

**COMING SOON!** Visit www.perc.uci.edu to have a registered dietician answer all your nutritional questions!

**Helpful Resources**

- California Department of Public Health (www.cdph.ca.gov)
- American Diabetes Association (www.diabetes.org)
- American Academy of Pediatrics (www.aap.org)
- American Heart Association (www.heart.org)