

Rethink Your Drink!

What children and youth drink can have a big impact on their health.

Why it matters

- Drinking sugary drinks can cause dental cavities in children and may increase **risk** of Type 2 diabetes. They may also reduce appetite for nutritious foods important for healthy growth and learning.
- Children and youth are more sensitive to caffeine. Too much caffeine can cause issues such as: anxiety, trouble sleeping, impulsive behaviour, headaches and upset stomach. Energy drinks have a lot of caffeine and other ingredients. They are not recommended for children.

Drinks to support good health

- **Water is the best choice!** Water will hydrate the body without added sugar, caffeine, or other extra ingredients.
- Plain unsweetened milk or unsweetened fortified plant-based beverages are also healthy options.



Drinks to limit/avoid

- Sugary drinks such as: Iced tea • pop • sports drinks • energy drinks • juice and fruit-flavoured punch • sweetened plant-based beverages • vitamin water and other sweetened waters • sweetened milks like chocolate milk • sweetened hot or cold tea and coffees.

How to make water the drink of choice

- Always have water on the table for meals and snacks.
- Carry a refillable water bottle when away from home.
- Replace sugary drinks with water more often when you eat: at a restaurant, in the car, watching TV, or celebrating special occasions.
- Offer water during and after physical activity or playing sports.
- Ask kids for their ideas on what fruit or herbs to add to water for variety.
- Try unsweetened sparkling or carbonated water for a twist!
- Be a role model. When your children see you drinking water they are more likely to do it too!

Written by Public Health Nutritionists (2022)
Population Health Department
populationhealth@saskhealthauthority.ca



www.saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.