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)
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Saskatchewan Health Authority

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.