



# Be "Sugar Savvy"!

**Re**THINK  
your  
drink



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



**41% of children ages 2-11 drink at least one soda** or sugar-sweetened beverage on an average day<sup>2</sup>



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

## 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 be an early adopter of ECE healthy beverage standards.



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](http://www.banpac.org) [www.sodafreesummer.org](http://www.sodafreesummer.org)

[www.cocokids.org/health-and-nutrition/nutr/choice](http://www.cocokids.org/health-and-nutrition/nutr/choice)