

# THINK BEFORE YOU DRINK

According to the American Academy of Pediatrics, on averages 17% of a child's diet on a daily basis comes from sugar. Sugar can be naturally found in foods like fruits, vegetables, dairy products and carbohydrates like breads, pastas and rice. But a majority of the sugar in our diets come from added sources in our foods and beverages. Both the sugar and acidity in the beverages children drink can put them at higher risk of cavities. It's important to let your children know the amount of sugar in the beverages they want to drink and remind them that the most important beverage is always WATER!



## GOAL:

AIM FOR LESS THAN 6 TEASPOONS OF ADDED SUGAR PER DAY

\*\*SOME TEASPOONS OF SUGAR ABOVE ARE CALCULATED FROM ADDED AND NATURAL SUGAR SINCE BOTH HAVE AN EFFECT ON ORAL HEALTH. \*\*

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## TIP:

DIVIDE GRAMS OF ADDED SUGAR BY 4 TO CALCULATE NUMBER OF TEASPOONS!