

## NUTRITION MENTORING HANDOUT

### Healthy Beverages

#### Water

Water is the best thirst quencher. Offer it first when the child expresses that they're thirsty. Children may need more water when they are very active or in hot weather.

#### Milk

Milk offers several important nutrients for the body:

- Calcium and vitamin D: Important for growing and maintaining healthy bones
- Protein: Important for growing up healthy and repairing muscles and tissues
- Vitamin A: Helps to keep eyes and skin healthy

#### Which milk should I choose?

After age 1, whole milk is a good choice for babies and young toddlers because it provides enough fat for them to grow properly. Fortified soy, rice and other vegetarian beverages are NOT recommended until the child is 2 years of age and over. At age 2, children can be offered lower fat milks such as 2%, 1% or skim. Canada's Food Guide recommends that all people 2 years of age and over drink 2 cups of fluid milk/day.

#### Juice

Although 100% real juice can provide certain nutrients like carbohydrates, vitamin C and vitamin A, it is important to remember that juice is a very concentrated source of calories – drinking too much can contribute to overeating. For instance, 1 cup of apple juice provides the same amount of calories that you would get from eating 3 apples. Therefore, it is recommended that juice be limited to only 100% juice (avoid juice cocktail / beverage / punch / etc.) and offered at most 3 times/week.



**HEALTHY EATING TEAM**

Adapted from Ministry of Education, Government of Saskatchewan. March 2009 (Amended June 2012).

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