



Did you know that soft drinks are the leading source of added sugars in the daily diet of youth? Research supports a clear link between drinking sweetened beverages and childhood obesity.

Drink calories count. Stick to water and other low or no calorie beverages to stay hydrated and achieve energy balance: eating and drinking (energy in) to provide the right amount of fuel our bodies need for healthy growth, everyday living and physical activity (energy out). Give these simple, practical ideas a try to make healthy easier for you and your family.

- **Splash in juice.** For some zest and color, add a splash of 100% fruit juice, such as grape, cranberry or apple. The American Academy of Pediatrics recommends no more than 4–6 oz. a day for children under 6 years and 8–12 oz. a day for 7-to-18 year olds.
- **Add fresh fruit.** Enhance the flavor of water with lemon slices or fresh berries, such as blueberries, raspberries and strawberries. Cucumber slices and mint leaves also add a refreshing taste.
- **Don't forget the ice cubes.** When refilling your ice cube tray, add a splash of 100% fruit juice for color and flavor. Or drop in raspberries and mint leaves. For some added creativity, use ice cube trays that come in different shapes, such as stars, animals, hearts and more.
- **Heading out?** Bring water or other no low-calorie beverages. Invest in reusable water bottles and have each family member decorate his or her own.

nrgBalance 12345! highlights five recommended behaviors for maintaining good health and provides simple, practical tips for helping families achieve energy balance every day.

- 1** One or more hours of physical activity each day
- 2** Two or less hours of screen time each day
- 3** Three balanced meals each day
- 4** Four or more cups of water or low/no-calorie beverages each day
- 5** Five servings of fruits and veggies each day

For more ideas on how to achieve energy balance as a family, visit www.nrgbalance.org.