



June Parents' Corner

FIGHT THE FIZZ

When you are having fun in the sun, it's easy to reach for a cold can of soda. But did you know that a can of soda has between 10-13 teaspoons of sugar? Watch out for the ingredient "high fructose corn syrup" on the side of the can, which is the name for the kind of sugar in soda. The more soda your child drinks, the more sugar goes into your child's body. In the short term, too much sugar makes it difficult for kids to concentrate and to keep their energy levels stable. In the long run, eating too much sugar or high fructose corn syrup could mean higher risk for weight gain and diabetes. Take Alameda County's Soda-Free Summer Challenge by following these tips from *Revolution Foods*:

1. **Call me a water hog.** Encourage your child to drink as much water as possible. Kids love to take their own personal water bottle to summer activities. As a parent, you can pack bottled water in the car, serve water with lemon and ice at home, and keep a pitcher of iced water on the table during meal times.
2. **Buy Better Beverages.** Instead of soda, try offering non-fat or 1% milk with meals and snacks. Another option can be 100% juice, but be sure to pour juice in a ½ cup serving size. Beware of juice drinks, lemonade, and kool-aid which can be just as sugary as sodas.
3. **Make your own.** Brew a fresh batch of unsweetened iced tea with lemon. Do a healthier homemade soda by combining a half cup of mineral water or club soda, with a half cup of 100% juice.

Follow these tips, and you are on your way to fighting the fizz and doing your part to help your community's Soda-Free Summer!

Cheers,
The Revolution Foods Team