

More Tips

- ◆ Offer fruit more often than fruit juices
- ◆ If you are making your own fruit drinks use less sugar than usual
- ◆ Only buy soft drinks and other sugary drinks occasionally - limit to one small glass
- ◆ Use less syrup or drink mix when preparing beverages - add extra ice and water



Recipe



Carrot Punch

Ingredients

4 medium sized carrots
4 cups fat free milk
Vanilla essence to taste
Nutmeg to taste
Sugar to taste

Method

1. Wash and peel carrots. Cut into small pieces
2. Place in a blender with all other ingredients
3. Strain and chill before serving

Serves 6

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Childhood Nutrition Series



Healthy Foods for Children & Young People **BEVERAGES**

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Beverages

Beverages provide a great opportunity to help meet the fluid and nutrient needs of children and young people.

Water should be encouraged as the main beverage.

In addition to water, any of the following beverages may also be selected:

- Fat free milk
- Smoothies made with fat free milk or yogurt
- Calcium-enriched soy milk
- Yogurt drinks
- 100% fruit juice
- Coconut water



Drink more water

Drinking water is the best way to quench thirst.

- ♦ Offer water with meals
- ♦ Provide your child with a bottle of water to drink throughout the day
- ♦ When participating in sports, encourage your child to drink water rather than juice, sports drinks or energy drinks



Milk is a beverage too!

Children should be encouraged to drink at least one 8 ounce glass of milk daily - fat free milk is best.

- Offer milk hot or cold
- Blend peanut butter with milk and ice to make a shake
- Blend banana or other fruit with milk to make a smoothie
- Blend carrot or beet with milk to make a punch

Use less juice

Juice is a good source of vitamin C but all juice, even unsweetened, is high in sugar and should be limited to 4 ounces daily - 100% juice is best.



Limit sugary beverages

Soft drinks, and beverages made with syrups or drink mixes, often replace more nutritious beverages and the additional calories could contribute to excess weight gain.



Drinking juice or sugary beverages throughout the day can also cause tooth erosion and lead to cavities.



Sports drinks and diet sodas, although lower in sugar or even sugar-free, are still harmful to teeth.

