

More tips

- ◆ Make your own flavoured water by steeping chopped fruits in plain or sparkling water
- ◆ Offer fruit daily rather than juice
- ◆ If you are making your own fruit drinks use less sugar than usual
- ◆ Use less syrup or drink mix when preparing beverages - add extra ice and water
- ◆ Only buy soft drinks or other sugary drinks occasionally - limit to one small glass



Recipe

Carrot & Banana Smoothie



Ingredients

- 1 large ripe banana, peeled and chopped
- 2 large carrots, washed and chopped
- 2 cups skimmed or soy milk
- Vanilla essence to taste
- Nutmeg to taste
- Sugar to taste (optional)

Method

1. Place all ingredients in a blender and blend on high speed until smooth.
2. Chill.

Serves 2 - 3

Beverages

Healthy Foods for Children & Young People



**National Nutrition Centre
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National Nutrition Centre

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Hydration matters!

Adequate fluid is important at any age and particularly for children and young people as they have higher fluid requirements in relation to their body weight than adults. **Water** should always be encouraged as the beverage of first choice.

Water has many important functions in the body, including:

- ✓ Transporting nutrients
- ✓ Regulating body temperature
- ✓ Eliminating waste
- ✓ Preventing constipation



Encourage 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 or other physical activity, encourage your child to drink water rather than juice, sports drinks or energy drinks



Milk is a beverage too

Milk is an excellent source protein and calcium and, for strong bones and teeth, children should drink at least one 8 ounce cup of milk daily - skimmed milk is best.

- ✓ Offer milk hot or cold
- ✓ Blend milk with peanut butter and ice to make a shake or make a smoothie with fruit like banana or vegetables like carrot or beet (limit added sugar)

Limit sugary beverages, including juice

Excess sugar from beverages can cause cavities (tooth decay) and the extra calories can contribute to overweight and obesity.

Diets high in added sugars may also increase risk of diabetes and heart disease in later life.



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



Juice should also be limited. It is a good source of vitamin C but all juice, even unsweetened, is high in sugar and should be limited to one small glass daily - it's best to eat whole fruit and drink water instead.

