

# Kohl's Healthy Kids



## RETHINK YOUR DRINK

### WATER

GOOD FOR MIND  
AND BODY

Drink 4-8 glasses/day



### LOWFAT OR SKIM MILK

CALCIUM, VITAMIN D  
and PROTEIN  
Good for teeth,  
bones and muscles



### JUICE

IT'S BETTER TO EAT  
WHOLE FRUIT!  
Drink only 100%  
fruit juice

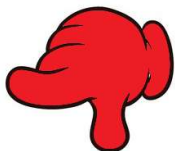
Small glass (1/2 cup)



### SPORTS DRINK

LOTS OF SUGAR  
LOW NUTRITION

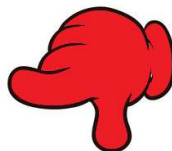
Drink only if you  
exercise **HARD** for  
45 minutes or more



### SODA

17 TEASPOONS SUGAR  
IN 20 OUNCE BOTTLE!  
NO NUTRITION

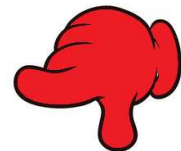
If you drink soda, have  
a small amount  
no more than one/day



### ENERGY DRINK

LOTS OF SUGAR  
LOTS OF CAFFEINE  
NO NUTRITION

**Steer clear!**



**KOHL'S**cares



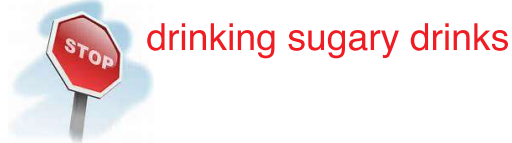
HURLEY  
CHILDREN'S  
HOSPITAL

[www.KohlsHurleyKids.com](http://www.KohlsHurleyKids.com)

# Take The Family Pledge to RETHINK YOUR DRINK Today!

It's easy! Try to:

- 👍 Drink 4-8 glasses of water or low-fat milk a day
- 👍 Limit sugary drinks to no more than one per day
- 👍 Drink only a small glass of 100% fruit juice



We take the pledge: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Check out our website  
for more nutrition ideas and recipes:

[www.KohlsHurleyKids.com](http://www.KohlsHurleyKids.com)

