



Dr. Riba's Health Club

Children and families feeding well, feeling well, living well.

SUGARY DRINKS

It is best to keep fruit juice out of the house
(Juice, soda, sport drinks, energy drinks, chocolate milk)

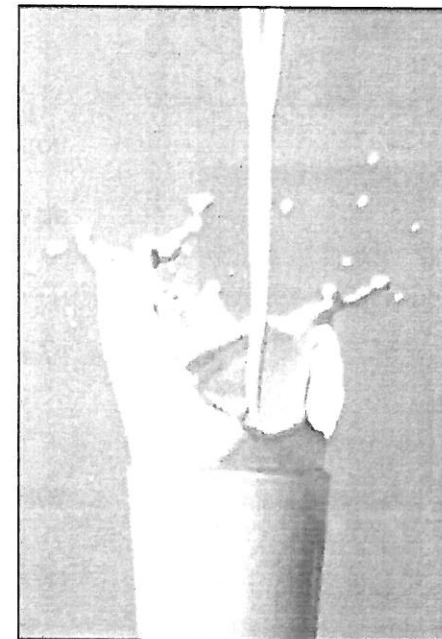
- They act like sugar in the body
- They increase the chance for unwanted weight gain
- They increase triglycerides which contributes to heart disease
- It is best to avoid sugars and fruit juice to keep our blood sugar steady, and to keep our moods steady
- Sugary drinks have addictive effects. They stimulate the body to want more

Fruit juice is related to weight gain in young children:

Reducing intake of fruit juice
and increasing whole fruit
is a promising strategy
for early obesity prevention

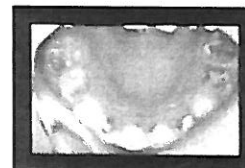
Source: Faith MS, Dennison BA, Edmunds LS, Stratton HH. Fruit juice intake predicts increased adiposity gain in children from low-income families: weight status by environment interaction. Pediatrics 2006; 118: 2066-2075.

Drink only:
Pure Water
Plain Milk



How to Prevent Tooth decay

- Clean teeth everyday
- Visit a dentist every 6 months
- Avoid junk food and constant snacking
- Avoid **juice**
- Avoid the baby bottle after 1 year of age
- Xylitol gum
- "Act" fluoride rinse
- Dental varnish at the dentist



Children & Families
Commission of Orange County