



# KidBits



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## Re-Think Your Drink

Today's children drink a lot of sugary drinks such as soda, fruit drinks, sport drinks and other drinks with added sugar. This is not good—too much sugar and little nutrition. Be a good role model—drink more water, clean out the refrigerator, limit juice and snack on fruits and veggies. What a child drinks is as important as what he eats.

## Flavor Your Water the Right Way!

Try these simple combinations for a healthy and flavorful way to give your water a little extra!



Cucumber & Honeydew



Strawberries & Kiwi

Lemon & Lime Slices



Oranges Slices

Cucumber & Mint Leaf



Blueberries & Lemon Slice

Raspberries & Blackberries

Raspberries & Lemon Slices

Orange, Grapefruit, Lemon & Lime Slices



Mango & Pineapple



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