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 increases 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
  - Sugar drinks have addictive effects. They stimulate the body to want more

---

**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

---

**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