

# In This Section

## Patient Tools

2 to 18 Years:

**0** Drink water and low fat milk; limit or eliminate sugary beverages

Calcium Counts!

Water is Fuel For Your Body

How Much Sugar Do You Drink?

What Should Young Children Drink?

Enlightening Facts About Juice

Sports and Energy Drinks

Drink Your Milk Quiz & Answer Key

Have a Drink Plan

For Growing Bones...Which Milk?

Milk's Unique Nutrient Package

Think Your Drink

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limit or eliminate sugary  
beverages.