

# DID YOU KNOW?



## If your child is thirsty, offer water, milk or 100% fruit juice!

**Pop does not belong in your child's cup. Here's why:**

- Caffeinated pop can cause headaches, irritability, nervousness and trouble sleeping.
- Children who drink pop are less likely to get enough calcium and vitamin D in their diets (because they drink less milk).
- Too much pop can cause more cavities.