Soda Pop

What is wrong with giving my child Soda Pop?

• Soda pop, such as Pepsi, Mountain Dew, or Diet Sprite is commonly served to children.

• Soda pop is a carbonated drink that has no nutritional value and is high in sugar.

• Studies have shown that toddlers who drink soda pop are more likely to become overweight as they grow older. If soda habits start when children are little, they're likely to drink increasing amounts as they get older.

• Colas and other sodas often contain caffeine, which children don't need.

• Caffeinated drinks can increase water loss.

• Children who drink too much soda tend to not drink the milk and water that their bodies need.

So what should I do?

• As a rule, don't serve soda pop to babies, toddlers, or preschoolers.

• Let toddlers know that soda-pop is a treat for when they are grown up.

• With older kids, let them know soda pop is a once-in-a-while beverage.

• Don't ban soda pop entirely if your child likes it now and then - that's likely to make it more alluring, and your child may be more inclined to overdo it when he or she gets the chance!