

What Can I Drink?

What should my child drink?

The healthiest drink choices for your child are water and milk.

Your child is encouraged to drink water and milk each day.

Drinks to choose

- Water
- Unsweetened flavored water or seltzer waters
- Water with no-sugar-added flavoring drops
- Low-fat milk

Try these fun, healthy and low-carbohydrate drinks. Use natural ingredients with no added sugar to flavor water:

- Slices of fresh lemon or lime
 - Sliced cucumber and mint
 - Mash up 1/4 cup of strawberries or raspberries with a fork, then stir
 - Chopped fresh basil or other herbs
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Drinks to limit

These beverages **contain artificial sweeteners** (like aspartame, sucralose, acesulfame potassium), food coloring or caffeine. Use in moderation.

- Cascade Ice
 - Vitamin Water Zero
 - Propel Zero
 - Aquafina Flavor Splash
 - Crystal Light
 - Kool-Aid Sugar Free
 - Diet soda
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Drinks to avoid

Do not give your child drinks with added sugars and corn syrup.

- Honey/sugar/syrup-sweetened drinks
 - Fruit juices/nectars
 - Fruit punches
 - Sugar/non-diet sodas (unless treating a low blood sugar)
 - Caffeinated drinks (coffee, sweet tea, cola, energy drinks like 5-Hour Energy, Red Bull)
 - Electrolyte drinks (Gatorade, Powerade)
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To Learn More

- Ask your child's healthcare provider
- seattlechildrens.org/patient-education

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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