



Kids Are Drinking WHAT?!

Webinar: October 30th 12-1 pm Central Time

CPE credits: 1

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Beverages make significant calorie and nutrient contributions to children's diets. Beverage choices at an early age have been shown to predict nutrient intake, adiposity and body weight across childhood and adolescence. Data from the National Health and Nutrition Examination Survey (NHANES) unveil alarming trends in beverage intake over the past three decades as children transition from bottle to cup and into their teens.

This webinar will explore these trends and summarize the latest research on the introduction of beverages to infant's diets, what and how much kids drink and the impact of choosing nutrient-rich beverages on their overall diet. RDs play a key role in the education of and/or outreach to parents/caregivers of children about healthy eating habits. Encouraging smart beverage choices from day one is a crucial step in helping to curb the obesity epidemic and ensuring children get the essential nutrients they need for growth and development.

Learning Objectives:

- Identify the trends in children's beverage consumption and the impact on children's nutritional status.
- Provide guidance to children and their parents/caregivers on beverage intake to help meet their nutritional needs.
- Deliver messages to targeted audiences on the importance of beverage choices to the nutritional intakes of children.