

Soundbite script – Healthy hydration starts young

Mohammad Soud, MD, pediatrician, OSF HealthCare

"Our markets are infiltrated with a lot of drinks that seem to be popular and harmless. However, these drinks carry a lot of issues when it comes to kids' health. They are overloaded with caffeine and other stimulants, and caffeine can have a lot of adverse effects on both the cardiovascular and nervous system." (:25)

Mohammad Soud, MD, pediatrician, OSF HealthCare

"There is mounting evidence that these artificial sweeteners are linked to certain types of cancers, like breast cancer. Artificial sweeteners can also alter the gut bacteria." (:15)

Mohammad Soud, MD, pediatrician, OSF HealthCare

"We get lots of questions from parents about plant-based milk, almond milk, oat milk, soy milk and rice milk. Those are missing a lot of nutrients compared to cow's milk." (:26)

Mohammad Soud, MD, pediatrician, OSF HealthCare

"I encourage parents to read labels with their kids and teach them how to read labels. Any drink that has high sugar, this is what I call a sometimes drink. This is not an everyday drink. I tell parents to be role models for their kids. So when they are drinking water over soda, often kids mimic that behavior." (:24)

Mohammad Soud, MD, pediatrician, OSF HealthCare

"We all want our kids to grow up with healthy habits, and hydration is an important part of a balanced diet. You've probably heard the saying that you are what you eat. That applies to what you drink too. The general rule is sip smart, water first, milk next and skip the rest." (:25)