



# Illinois Restaurants are Getting Ready to Serve Kids Better!

*Many of our kids are consuming 2-3 times the recommended amount of sugar every day. Illinois restaurants are going to help change that.*

**Starting January 1, 2022**, Illinois restaurants that serve a packaged “children’s meal” will offer at least one of the following beverages as the default beverage with that meal:

Water, sparkling water or flavored water with no added natural or artificial sweeteners

100% fruit or vegetable juice with no added sweeteners, in a serving size of no more than 8 ounces

Nonfat or 1% dairy milk containing no more than 130 calories per container or serving as offered for sale

Non-dairy milk alternatives with no added natural or artificial sweeteners that contain no more than 130 calories per container or serving offered for sale

If you would prefer a different beverage, just ask! Other beverages can be served at the request of the customer.

This small change can have a big impact on the health of our kids both now and in the future:

## IMPACTS TODAY



Weight



Behavior



Mood



Future eating habits

## FUTURE IMPACTS

*Decreased risk of:*



Heart Disease



Obesity



Type 2 Diabetes



Some Cancers