**Mayo Clinic Minute: What are your kids drinking?**

| VIDEO | AUDIO |
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| Jason | A recent CDC report found that water accounted for more than 43 percent of the beverages consumed by children ages 2 to 19. |
| **Donald Hensrud, M.D.**<br>**Healthy Living Program**<br>**Mayo Clinic** | "The most common thing kids are drinking is water. Water is best for the body." |
| **Jason** | But here's the bad news. |
| **Dr. Hensrud** | "On the other hand, they're drinking the same amount of soda, 20 percent of kids, as they are milk, again 20 percent." |
| **Jason** | Dr. Donald Hensrud is director of the Mayo Clinic Healthy Living Program. The CDC survey also shows, as kids enter their teens, they're drinking even less milk and more soft drinks. |
| **Dr. Hensrud** | "Soda, especially when it contains sugar, is probably one of the worst things we can do." |
| **Jason** | According to the survey, a smaller percentage of kids, about 7 percent, are drinking fruit juice. |
| **Dr. Hensrud** | "Some fruit juice ─ for example, apple juice ─ is just basically sugar water. It's not any better than soda." |
| **Jason** | Dr. Hensrud says water is always the best beverage, and if your taste buds crave a little flavoring or carbonation added to your water — but not the sugar and calories — it's a healthy alternative. |
| **Jason** | For the Mayo Clinic News Network, I'm Jason Howland. |