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% milk with no added natural or artificial sweeteners
- 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