



# Chicago and 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. Chicago and Illinois restaurants are going to help change that.

As of January 1, 2022, Chicago and Illinois restaurants that serve a packaged “children’s meal” are offering at least one of the following beverages as the default beverage with that meal:

- Still, sparkling or flavored water with no added natural or artificial sweeteners
- 100% fruit or vegetable juice with no added sweeteners, up to 8 ounces
- Skim or 1% dairy milk, up to 130 calories per container or serving (including chocolate milk and nondairy milk alternatives with no added natural or artificial sweeteners)

Soda, lemonade and other non-dairy sugary drinks can no longer be the default beverages in children’s meals. However, if a different beverage is preferred, just ask! Other beverages can be served at the request of the customer.

*This small change can support the health of our kids when it comes to:*



Mood



Weight



Behavior



Chronic  
Disease



Tooth  
decay



Eating  
habits



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