

# Drink More Water

Water is essential for life. Young children in particular are at risk for dehydration and thirst. They should have access to drinking water all the time.

Water makes up more than half your body weight. Every cell in your body needs water to function correctly.

## TIPS FOR PROVIDING WATER TO CHILDREN

- 💧 Keep a glass of water within reach
- 💧 On warm days, keep a pitcher of water in the fridge
- 💧 Send a water bottle along to child care
- 💧 Pack a water bottle when going shopping or to the park
- 💧 Make sure as adults to be great role models and drink plenty of water
- 💧 To make water more fun, add fruit or veggie slices to give it a little flavor



## What's in Your Drink?

Choosing water over sugary drinks can make a big difference to your overall health and well-being. Drinks with sugar can lead to tooth decay, childhood obesity and diabetes. Here are some examples of drinks with extra calories and sugars.

12 oz beverage	Sugar (tsp)	Calories
Water	0	0
Sports Drinks	5	80
Soda	8	128
Fruit Drinks	10	160

## Sugar, Sugar, Sugar

Added sugars can go by many different names, but they all provide extra calories and have the same bad effects on your health. Here are some other names for sugar.

- High fructose corn syrup
- Rice, malt, or cane syrup
- Cane sugar or cane juice
- Raw, brown, powdered, or invert sugar
- Glucose, sucrose, maltose, dextrose, or lactose
- Honey or molasses
- Fruit juice concentrate

