



4 SERVINGS OF WATER NOT SUGARY DRINKS



BENEFITS OF WATER: WATER IS ONE OF THE MOST IMPORTANT NUTRIENTS IN THE BODY.

- It quenches thirst.
- It carries nutrients through the body.
- It cools the body.
- It helps absorb foods.
- It helps improve skin.
- It helps keep you regular.
- It can help prevent tooth decay.



DRINK MORE WATER:

- Keep a pitcher of water in the fridge.
- Add slices of fruit like lemons, limes or oranges to the water if you don't like plain water.
- Fill a reusable bottle of water to take on the go.
- Try sugar-free, flavored waters.
- Serve only water between meals.
- Drink a glass of water when you brush your teeth.
- Order water with your restaurant meal.
- Tap water is free!

HOW MUCH DO I NEED?

Age Range	Adequate Daily Intake for Water
1-3 years	about 4 cups
4-8 years	about 5 cups
9-13 years	about 8 cups for boys about 7 cups for girls
14 years & older	about 11 cups for boys about 8 cups for girls

*This table is adapted from the DRI reports (Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. The report may be accessed at www.nap.edu).

WHAT ABOUT JUICE?

- Fruit juice has vitamins but can have as many calories as soda. Choose whole fruit instead of juice.
- If you do drink juice, limit it to 4-6 oz of 100% fruit juice a day.

WHAT ABOUT DIET SODA?

- If you do drink diet soda, limit it to one serving a day.
- Diet soda does not contain sugar, but it has acid that can cause cavities and tooth decay.
- When you drink diet soda, you are not drinking milk, which is important for strong bones.

INSTEAD OF SUGARY DRINKS:

Sugary drinks can sneak up on you. They can add extra calories each day without ever filling you up.

SUGARY DRINKS INCLUDE:

- soda
- Kool-Aid™
- fruit drinks such as Sunny Delight™, CapriSun™, Hawaiian Punch™, Hi-C™
- fruit punch
- lemonade
- sweet tea
- sports drinks such as Gatorade™ or Powerade™
- energy drinks
- vitamin waters™.



WHAT'S IN YOUR CUP?

CHECK OUT THIS CHART TO SEE HOW MUCH WEIGHT YOU MIGHT GAIN IN ONE YEAR IF YOU DRINK SUGARY DRINKS!

Daily Soda Size	Calories	tsp of sugar	Wt. gain in 1 year
8 oz	108	7 tsp	11 pounds
12 oz	156	10 tsp	16 pounds
20 oz	260	16 tsp	27 pounds
1 liter	432	27 tsp	45 pounds
2 liters	864	54 tsp	90 pounds
Any size water	0	0 tsp	0 pounds

DON'T BE FOOLED!

- Water is best for hydration.
- Sports drinks like Gatorade™ and Powerade™ have sugar, sodium and calories and can lead to weight gain.
- Energy drinks are like sports drinks but also have caffeine and other stimulants that can be harmful.
- Sugar-sweetened drinks are basically sugar-water and have no vitamins, minerals or protein.
- Don't be fooled by vitamin waters that have vitamins added to them. The vitamin content can be too much for children and most have added sugars.
- The chances of becoming obese increases 1.6 times for every sugar-sweetened drink you have per day.



TIPS & FACTS

- The average person drinks 45 gallons of sugary drinks a year. This replaces drinking milk or water.
- Your body may lose calcium when you drink caffeinated drinks.
- When you choose drinks other than milk or water, choose decaffeinated, diet soda, and unsweetened coffee or tea drinks.
- Caffeine can cause you to be nervous and disturb your nighttime sleep.
- Avoid energy drinks - they contain caffeine, other stimulants, sugar and few nutrients.
- Carry a reusable bottle of water with you everywhere you go.
- Make water your main drink during the day.

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

Learn more at www.12345Fit-Tastic.org

Follow us on



Missouri
WIC
Eat Healthy. Stay Well.

USDA is an equal opportunity provider and employer.
#781 (08-14)

MY GOAL: _____

