

drink water

instead of sugary drinks

Thirsty? choose water

It's quick, easy and cheap!

- Enjoy a refreshing glass of cold water.
- Keep a bottle or pitcher of water in your refrigerator - make water your first choice!

Be safe - keep water in your refrigerator, not on the counter or at room temperature.



no sugary drinks!

soda, energy drinks, sport drinks, fruit drinks and other drinks with added sugar

- There can be 10 teaspoons of sugar in a 12 ounce can of soda. That's a lot of sugar and calories.
- Keep sugary drinks out of your house - If there are sweet drinks in the house, your family will want to drink them.



Fruit drinks may contain only 5 to 15% fruit juice. The rest is sugar water. That's not good enough. Choose only 100% fruit juices. Add extra water when making concentrated fruit juices.

drink water often

- Drink a glass of water in the morning before you leave the house.
- Stop and drink water when you walk by a water fountain.
- Order water instead of soda when eating at restaurants.
- Offer water to your children while they are playing.
- Have a few "water breaks" during the day. Drink water with your child.



make water easy to grab and drink

- Bring along a water bottle for yourself.
- Get a cute child size water bottle for your child.
- Add ice in your water bottles.
- If your child uses a sippy cup between meals, put only water in it.

Create a new habit - reach for water first when you are thirsty.

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add flavor to water, not sugar

- A splash of fresh lemon, lime or orange juice

one or orange
berries
pineapple
slice of melon
and fresh mint leaves



• Add ½ teaspoon of bottled
to a large glass of water.

fruit cubes

watermelon,
raspberries or pineapple.
Trays and freeze.
Add cubes to a glass of water.
Mixing water with fruit
variety and vitamins.



add to water...

apple or pineapple juice
1/2 cup of water.
white grape juice, cranberry
raspberry kiwi juice.

mix with a slushy

Pineapple Slushy - blend 1 cup
pineapple or apple juice,
1 cup strawberries and
2 cups ice cubes together.
Raspberry Slushy - blend 2 cups
strawberries or raspberries,
and 4 cups ice cubes together.
Watermelon Slushy -
blend 2 cups of watermelon
and 2 cups ice cubes together.

Remove chunks from the slushy before
children. Serve with a straw.



For general nutrition information,

contact your health care provider.

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