

Drink More Water

Water

We need water! Water is the most thirst-quenching beverage.

- Our bodies use up our water supply daily, and it has to be replaced (about 60% of our total body weight is water, and about 70% of our brain is water).
- Water makes your skin and hair look great.
- Water gives your body more power for activities and sports.

- Water helps digestion and flushes the body and the kidneys.
- Water is free and 100% natural!

How much water do you need?

- At least 8 cups daily (more if you exercise).

Milk

- Milk provides calcium.
- Calcium makes your bones grow strong and long.
- Calcium keeps your teeth strong and healthy.
- Bones grow the most between the ages of 11 and 18.

How much milk do you need?

- Three 8-oz. cups a day (low-fat or skim is recommended) or three servings of other dairy products.

Limit juice, soda and other sweet drinks

- Sweet drinks crowd out the fluids your body really needs.
- Drinks with added sugar are bad for your teeth.
- Sweet drinks may keep you from staying at a healthy weight.
- Diet drinks contain artificial sweeteners, artificial colorings, high-fructose corn syrup and preservatives your body does not need.
- Limit juice to special occasions.
- Eat whole fruit instead of fruit juices.

Sugar Content in 12-oz. Drinks:

1 soda = 12 tsp.

100% natural juice = 8 tsp.

Fruit punch = 13 tsp.

Sweet tea = 8 tsp.

Energy drinks = 10 tsp.

Ideas for healthy drinks

1. Water
2. Water with a splash of lemon juice and ice
3. Water infused with crushed mint and lime
4. Homemade mint tea with 1 teaspoon of sugar per glass
5. Sparkling water with a splash of juice
6. Don't forget to carry a water bottle with you wherever you go!