



4 SERVINGS OF WATER NOT SUGARY DRINKS



WHAT BENEFITS CAN WATER GIVE YOU?

Water is one of the most important nutrients in the body.

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

THINGS TO THINK ABOUT WHEN YOU WANT A SUGARY DRINK:

Sugary drinks can add extra calories each day without ever filling you up. Sugary drinks include:

- Soda
- Powdered drink mixes
- Artificial fruit drinks (not 100% fruit juice)
- Fruit punch
- Lemonade
- Sweet tea
- Sports drinks
- Energy drinks
- Vitamin waters

WHAT ABOUT JUICE?

- Choose whole fruit instead of juice.
- Fruit juice has vitamins but can have as many calories as soda.
- If you do drink juice, drink 4-6 ounces (about $\frac{1}{2}$ measuring cup) of 100% fruit juice a day or less.

WHAT ABOUT DIET SODA?

- 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.
- If you drink diet soda, drink no more than one serving a day.

WHAT IS A SERVING OF WATER?

- For a **2 to 3-year-old** child, a serving is $\frac{1}{2}$ measuring cup.
- For a **4 to 8-year-old** child, a serving is $1 \frac{1}{4}$ measuring cups.
- For anyone **9 years or older**, a serving is 2 measuring cups.

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

TIPS TO HELP YOU DRINK MORE WATER:

- Keep a pitcher of water in the refrigerator.
- Add slices of fruit like lemons, limes or oranges to the water for some added flavor.
- Serve only water between meals.
- Drink a glass of water when you brush your teeth.
- Tap water is free. Enjoy it!

TIPS TO HELP YOU DRINK MORE WATER ON THE GO:

- Fill a reusable bottle of water to take with you.
- Order water when you eat out.
- Try sugar-free, flavored waters.



WHAT'S IN YOUR CUP?

Check this out! This is how much weight you might gain in one year if you drink sugary drinks each day:

- Drinking **12 oz. of soda** each day gives you about **150 calories and 10 teaspoons of sugar** a day. That adds up to **16 pounds** of weight gain in one year.
- Drinking **20 oz. of soda** each day adds about **260 calories and 16 teaspoons of sugar** a day. That adds up to **27 pounds** of weight gain in one year.
- Drinking **2 liters of soda** each day gives you about **860 calories and 54 teaspoons of sugar** a day. That adds up to **90 pounds** of weight gain in one year.



Drinking any size water gives you 0 calories and 0 teaspoons of sugar. That means no weight gain from what you drink!



JUST THE 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 have drinks with caffeine in them.
- Caffeine can cause you to be nervous and disturb your nighttime sleep.

TIPS TO HELP YOU CHOOSE A DRINK:

- Water is best for hydration. Make it your main drink during the day.
- Sports and energy drinks have sugar, sodium and calories, and can lead to weight gain. Some also contain caffeine and other stimulants that may hurt you if you drink too much.
- Don't be fooled by sugar-sweetened drinks or vitamin waters that have vitamins added to them. These are basically sugar waters. It is better to get vitamins from foods.
- If you choose drinks other than milk or water, choose decaffeinated, sugar-free drinks, or plain coffee or tea.

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

Learn more at FitTastic.org

FOLLOW US!



@12345FitTastic

MY GOAL: _____

