



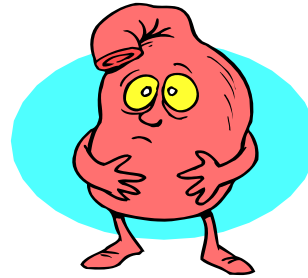
# WHY DO WE NEED TO DRINK?

So we don't get dehydrated!

Dehydration can cause

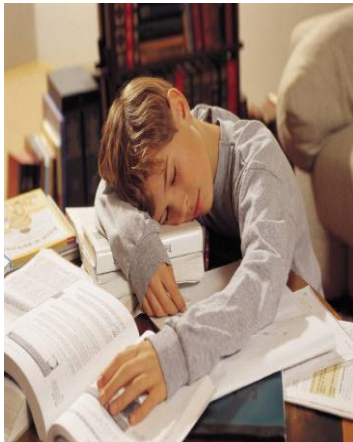


Headaches



Hunger

Upset Stomachs



Crabbiness



Tiredness and Difficulty Concentrating



**NURTURE**

[www.nurtureyourfamily.org](http://www.nurtureyourfamily.org)

# HOW MUCH SHOULD WE DRINK?



6 – 8 eight oz cups.

The more active you are the more you should drink.

What should you drink?



# SODA IS THE LEAST HEALTHY



Soda is full of sugar and sometimes caffeine.

The average American drank 592 cans of soda in 2009. That's 32 pounds of sugar!

This can lead to:

**Drink Soda only  
Occasionally  
If at all**

# SODA IS THE LEAST HEALTHY



**Drink Soda only  
Occasionally  
If at all**

Soda is full of sugar and sometimes caffeine.

The average American drank 592 cans of soda in 2009. That's 32 pounds of sugar!

This can lead to:

Tooth Decay

Poor Health

Weight Gain

Increased Risk of Diabetes

Diet Soda has no nutritional value  
and is full of artificial ingredients.



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# SPORTS DRINKS ARE THE NEXT LEAST HEALTHY



Limit how often you  
drink Sports Drinks

**Drink only  
Occasionally**

***WHY?***

**They contain a lot of**

**Sugar**

**Artificial Ingredients**

**Dyes**

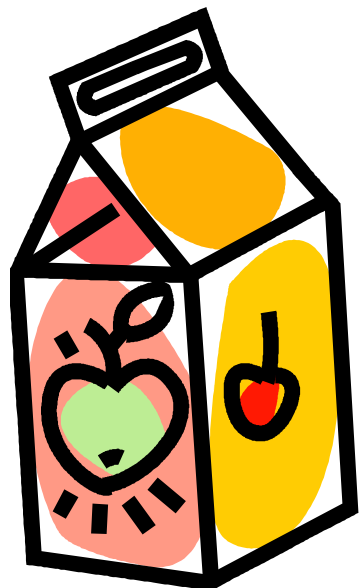
*What should come next?*



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# 100% JUICE IS OUR BRONZE MEDAL WINNER



**Drink no more  
than 1 cup a day**

**100% Juice contains  
Vitamins and Minerals**

**But it also contains  
A lot of sugar**

**Make sure you read the ingredient  
lists. Some punches and juices are  
not 100% juice.**

*What comes next?*



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# **LOW FAT OR SKIM MILK, OUR SILVER MEDAL WINNER!**



**Growing kids need**

**3 servings**

**of dairy or calcium  
rich foods a day**

**Low-Fat or Skim Milk contains**

**Calcium and Vitamin D**

**Helps build strong bones and teeth**

**Chocolate Milk contains**

**Calcium and Vitamin D**

**but also a lot of sugar**

**So Chocolate Milk should be  
consumed in moderation**



**NURTURE**

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# THE FIRST PLACE GOES TO WATER, THE CLEAR WINNER!



**Water gives you long lasting energy**

**Water has no**

**Sugar, Dyes, or  
Artificial Ingredients**

**It's available most places**

**It's usually FREE!**

**Remember to stay  
Hydrated**

**Turn to our Gold  
Medalist!**