



- Adequate fluid intake is essential to allow the body to function, thrive and grow.
- Water is essential for numerous bodily functions; we are 60% water, after all!
- To avoid dehydration, six to eight cups of fluid per day are recommended. More may be needed if exercising and/or hot weather.

**Drinks are not all created equal!
Water is the best choice.**

Here's how others compare:



Milk: A good source of calcium, vitamin D and protein. Skim and low-fat milk are the best choices. To get the nutrients our bodies need, drink three cups a day!



Juice: Provides vitamin and minerals, but can have more sugar than you think. Limit to one cup a day and make sure it says 100% juice!

Sports Drink: Most people think they are healthy and refuel you after a workout. They are loaded with sugar, have no nutrients, and should be a *sometimes* drink.



Soda: Is processed sugar and empty calories. Diet soda is a better choice, but still provides no nutrients. Drink soda occasionally, if at all.



Milk is a good alternative, but make water your first choice when you are thirsty. You and your family will feel better and more energized in the long run!

As an alternative to a glass of juice, help your child make one of these!

Homemade Lemonade

8 oz. of water
2 Tablespoons lemon juice
1 Tablespoon honey



Wuice:

6-8 oz. of water
2 oz. of 100% juice