Quench Thirst with Water!

What you drink plays a major role in all bodily processes. Your body needs water to help with nutrient delivery, waste disposal, temperature regulation and much more!

- Water is the drink of choice for maintaining a healthy body. Most of your fluid intake should come from water.

- Teens and adults should drink 8 or more cups of water per day.

- Sugary drinks can cause tooth decay.

- Sugar-sweetened sodas or pop provide empty calories and few or none of the vitamins and minerals growing bodies need.

- Diet drinks don’t have extra sugar, but they also provide few, if any, nutrients. Often people drink them instead of healthier choices such as low-fat milk and water.

- Be a role model for your friends and family by making water your drink of choice.
Helpful Tips to Drink More Water

- Carry a water bottle and refill it throughout the day to keep it handy.
- Serve water at events and meetings. Make it visible and convenient to reach.
- Set a reminder on your phone.
- Drink a glass of water when waking up or with breakfast.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Drink a glass of water with each meal and snack.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.

Sports Drinks and Fruit Juice

Sports drinks are high in carbohydrates and electrolytes. They should only be consumed after 60 minutes or more of a high-intensity workout. A healthier alternative is water with a splash of 100% fruit juice. When drinking juice, choose 100% juice. Juice flavored drinks, fruit cocktails, and fruit blends will often have added sugars and may only contain five to 15% fruit juice.

The American Academy of Pediatrics recommends no fruit juice for children under 1 year and limiting toddlers to 4 ounces a day. Limit 4-6 year olds to 4-6 ounces a day and children 7 years and older, limit juice to no more than 8 ounces a day.

Sources: K-State Research and Extension What’s Your Beverage?, American Academy of Pediatrics, Centers for Disease Control and Prevention: Rethink your drink