

#6: We Drink Water

Think Together

- Talk about why it is important to **drink water every day**.
- Always **choose water over sugary drinks**.
- **Think about your drink!** Beverages with naturally occurring sugar, such as 100% fruit juice and fat-free or low-fat milk, are healthier choices than beverages with added sugar, such as soda.

Eat Together

- At meal times, choose beverages that **help your family stay hydrated and healthy**.
- During family meals, children can learn to make healthy beverage choices, like choosing water, by watching you.
- **Say “so long to soda” and cut out caffeine for children.** Drinking soda is linked to tooth decay, unhealthy weight and low appetite (leading to eating less of the healthy foods that give us the nutrients we need).

Move Together

- **Keep your active family hydrated** with healthy beverage choices when you are on the move.
- **Increase fluid intake** when you’re spending more time in the sun, like swimming, camping or playing soccer.
- Water is a great beverage choice for **on-the-go families**.



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Take **Healthy Steps** for **Healthy Lives** Together

Recommended Daily Fluid Intake for Children

	4-8 years	9-13 years
Girls	5 cups	7 cups
Boys	5 cups	8 cups

*1 cup of liquid for 4- to 8-year-olds and 1.5 cups of liquid for 9- to 13-year-olds comes from the foods they eat. This amount can be subtracted from the total recommendation (e.g., a 7-year-old girl would need to drink 4 cups of liquid per day in addition to her solid food intake and a 10-year-old boy would need to drink 6.5 cups of liquid per day in addition to his solid food intake).

Source: Institute of Medicine

Average Amount of Sugar Found in Common Drinks

Drink (12-ounce serving)	Sugar
Bottled water	0 teaspoons
Low-fat milk*	5 teaspoons
Sports drink	5 teaspoons
Lemonade	8 teaspoons
Sweetened tea	8 teaspoons
100% fruit juice (e.g., orange juice)*	10 teaspoons
Cola	10 teaspoons
Fruit-flavored drink (e.g., fruit punch)	11 teaspoons
Orange soda	13 teaspoons

*Naturally occurring sugar

Read Together

- **A Cool Drink of Water** (National Geographic) by Barbara Kerley (non-fiction)
- **Ryan and Jimmy: And the Well in Africa That Brought Them Together** by Herb Shoveller (non-fiction)
- **Water: The Most Important Drink in the World** by Miley Smiley (non-fiction)



HEALTHY CONVERSATION STARTERS

Can you name two healthy beverages you had this week to drink?

If I asked you to pick a drink that was healthy for you, what would you choose?

How much water do you think an elephant drinks? Do animals like water? Why do you think animals need water? Why do you think plants need water?

What healthier options count toward your child's total daily fluid intake?

- Plain drinking water
- Milk (low-fat or fat-free)
- Fruit juice (100% juice, no sugar added)
- Soup broth (low-sodium)
- Decaffeinated iced tea with or without lemon (low sugar)