

Why is drinking water so important?

- Soda, fruit drinks, sports drinks, energy drinks, and fruit juice usually have lots of sugar and sometimes caffeine. Even 100% juice has a lot of sugar.
- Regularly drinking sugary drinks cause cavities and excess weight gain, and diseases like diabetes, heart disease, and fatty liver disease.
- Even though drinks may have a lot of sugar or calories, they are not filling like food is.
- It's recommended that kids have less than 25g of added sugar per day.



Amount of sugar/ 8 ounces

apple juice- 24 g or 6 tsp
coca cola- 26 g or 6 tsp
sprite- 25 g or 6 tsp
lemonade- 25g or 6 tsp
gatorade- 14g or 3.3 tsp
chocolate milk- 13g or 3 tsp

What about diet drinks?

Artificial sweeteners cause kids to expect food and drinks to be sweet. And since their long-term safety for kids is not fully understood, it is best to avoid them.



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group

Tips for drinking more water:

- Always offer water at meal time
- Be a healthy drinks role model for your child
- Buy a fun reusable water bottle for your child to take to school, camp, everywhere! Let your child pick out a water bottle that s/he likes.
- Make water fun. Add fruit, straws, herbs, or sparkling water for variety.



infused water ideas:

- lemon + cucumber
- lime + mint
- watermelon + lime
- pineapple + berry
- kiwi + strawberry
- orange slices + lime
- strawberry + lemon
- orange + blueberry

Did you know??

A typical child consumes 30 gallons of sugary drinks per year? That's enough to fill a small bathtub!

