

# BETTER FOR YOU BEVERAGES

## **WATER**

## **FRUIT INFUSED WATER**

## **Milk—Low Fat or Fat Free**

## **Unsweet Tea**

## **100% Fruit Juices**

## **Low/No Calorie Water Enhancers**

## **Water All the Way**

Did you know that your body is 2/3 water and 1/3 everything else? So if we are made up of water, why do we need to drink water?

In order to survive and sustain life, we **MUST** put water in our bodies. Water can come from the foods we eat (fruits, vegetables, carbohydrates) and from the beverages we drink (water, milk, juices).

We lose water through sweat, urination, and cells need water to transport nutrients throughout the body.

Without water we wouldn't be able to fight off infections, digest food, get rid of wastes, and we wouldn't be able to transport oxygen to different parts of our body. So, drink up!

## **JUICES**

When shopping for juices, make sure the container reads "100% juice". This means only the whole fruit was used to produce the juice. Juices that do not say this have other additives to them. Limit juice consumption in kids to 4-6oz a day, or less.

## **MILK**

When purchasing milk, choose low-fat 1% or fat free milk. 2% and whole milks are high in fat and calories and could lead to unwanted weight gain. If buying flavored milk, be sure to go for the low-fat versions and limit consumption to 1-2 times per week.

## **FRUIT H2O**

Adding fruit to water is a great way to naturally sweeten water. Try different kinds using your favorite fruits or try a new fruit. Raspberries, blackberries, cucumbers, lemons, or oranges. You can even mix a few!

## **H2O ENHANCERS**

**NO CALORIE OR LOW CALORIE FLAVOR POWDER PACKETS OR SQUEEZABLE LIQUID ARE A GOOD WAY TO ADD CHARACTER TO PLAIN WATER. IF YOUR CHILD DOESN'T LIKE WATER, EXPERIMENT WITH DIFFERENT FLAVORS TO HELP ENCOURAGE WATER CONSUMPTION**