Drink Water, not Sugar!

How Much Fluid Do YOU Need?
- Children younger than 8 years need about 6 to 7 cups of total fluid every day.
- Active older children and pre teens need at least 9 cups of fluid every day.
- Teens and adults need at least 10 cups of fluid every day.
- Pregnant or breastfeeding women need at least 12 cups of fluid every day.

Easy Tips to Drink More Water Instead of Sugary Drinks:
- Keep water chilled or add ice.
- Drink one glass of water with every meal and snack.
- Carry a sports bottle full of water.
- Try flavoring water with fresh fruit, like slices of oranges or lemons.

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