



Drink Water, not Sugar!

ISSUE 1

Drinking water is one of the best ways to be healthy. Water is easy to get, quenches your thirst, has no calories and costs almost nothing.

Unfortunately, your body loses valuable water every day while breathing, sweating and making wastes. You need to replace this lost body water by eating different foods and drinking fluids.

Why Choose Water First?

Sadly, children and adults often drink sugary drinks instead of water. These sweet drinks include:

- Sodas
 - Energy Drinks
 - Horchata
 - Flavored juices like Capri Sun[®], Hi-C[®] and SunnyD[®]
 - Sweetened flavored waters
 - Sports drinks like Gatorade[®]
- Note:** Limit sports drink except when participating in endurance sports.

These drinks cost money and can have lots of calories and sugar. Just one 12-ounce soda can have 190 calories and 13 cubes of sugar alone!

Drinking Sugary Drinks Often Can Lead to:

- Becoming overweight.
- Increased risk of developing diabetes.
- A dependence on sugar and even caffeine.
- Cavities.
- Sleep loss (if your drink has caffeine).

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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Low-Calorie Agua Fresca



3 cups seedless melon chunks-watermelon, cantaloupe or honeydew (can also use oranges, strawberries, pineapple or mango.

2-4 cups cold water
¼ cup lime juice (2 limes)
Sugar substitute

Chop fruit coarsely. Add fruit and 1 cup of water to a blender. Puree well. Strain into a large pitcher. Add the remaining water to taste. Add lime juice. Sweeten to taste. Refrigerate until served. Makes about 4 servings.

Calories: 40 per 1 cup

Brand names are used for illustration purposes only and do not constitute an endorsement by Cooperative Extension.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (775)684-0500. The USDA is an equal opportunity provider and employer.



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