

# Rethink Your Drink!

## Water is the Best Drink



### WHAT TO DRINK!

## Drink Water!

- Water is the best choice during and after physical activity. Save sports drinks for long periods of high intensity activity.
- Hawaii is blessed with water that is among the best in the world. Turn on the tap and drink more water.

### DRINK MILK!

## Build Strong Teeth and Bones!

- Milk is loaded with calcium and vitamins that helps our body grow strong. Milk can help strengthen bones and protect your teeth from tooth decay.
- Choose non-fat or low-fat milk. They pack the same nutrition as whole milk but contain less fat.

### AVOID SWEET BEVERAGES!

## What's in a Can of Soda?

- One can of soda has about 150 calories and 40 grams of sugar. This is equal to about 10 packets of sugar. Drinking an extra can of soda every day for a year, without burning it off through physical activity, will lead to 54,750 extra calories or about 15 pounds of weight gain each year.
- Avoid energy drinks. Most contain caffeine and other chemicals that can be very unhealthy.

### WATCH THE JUICE!

## Serve Water and Fresh Fruits!

- Fruit drinks like POG, orangeade, fruit punch MAY have a bit of real juice but most have a lot of added sugars and chemicals.
- Only 100% fruit juices are made from real fruits. A small amount of 100% fruit juice, half-cup a day (4 ounces), is okay for most children but consider giving kids water and fruit instead.

Get More Information at [Hawaii5210.com](http://Hawaii5210.com)

### Keep It Simple!

#### DRINK THIS:



Water Is Essential to Your Health.



One Serving of Dairy:  
1 cup of milk or yogurt or  
1-1/2 ounces of cheese.  
Recommended servings of  
dairy products a day for kids:  
1-3 years: 2 cups  
4-8 years: 2-3 cups  
9-18 years: 3 cups

