



Drink 0 sugary drinks. Drink water instead!

Drink Water First!

- Drinking enough water can keep you from overeating.
- Getting enough water helps the brain function at its best.
- Not drinking enough water can cause headaches and fatigue.
- When you're physically active, drink more water.

Did you know?

- Soda has no nutritional value and is high in sugar. Just nine ounces of soda has 110-150 empty calories. Many sodas also contain caffeine, which kids don't need.



Water!

- Keep bottled water or a water bottle on hand.
- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Fill a pitcher of water and keep it in the fridge.
- Drink water when you're thirsty.
- Cut back slowly on sugar-sweetened drinks.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

