



Rethink  
your drink,  
choose  
water.

Extra calories from sugar-sweetened beverages may lead to weight gain.

Too many young children and adults drink one or more servings of sugar-sweetened beverages a day. Drinking flavored water, sodas, fruit drinks, sports drinks and other sugary beverages may quench our thirst, but loads us up with unhealthy calories and promotes tooth decay. Water is the best way to get the fluids we need to lead healthy lives. Only athletes need energy drinks and only hummingbirds need sugar water.

Feel thirsty? Drink water.

- Tap water is healthy, refreshing, calorie-free, cheap and readily available.
- Fill up a bottle with water to drink before, during and after physical activity.
- Water is the best choice to keep hydrated.
- Set a good example, your child wants to drink what you drink.
- Avoid flavoring water with powdered drink mixes. Add a slice of lemon, lime, or cucumber to water at meal time.
- Children may fill up on sweet drinks and learn to not like the taste of water.
- Offer children plain water between meals and with snacks, when they are thirsty and it is hot.

For more information, contact your  
local health care or WIC clinic.



**COLORADO**  
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