

Drink More Water

July 2019

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For more information on how to lead a healthier lifestyle, visit our website GetHealthyCT.org



UNDERSTANDING ADDED SUGAR



Added sugars are types of sugars or syrups added to foods during processing or preparation.

4 grams of sugar = 1 teaspoon

This is important to remember when looking at food labels.

You can usually tell when something is a sugar because it has the ending "**ose**" like **maltose** or **sucrose**. But many times added sugars are hidden in ingredient lists with names like:

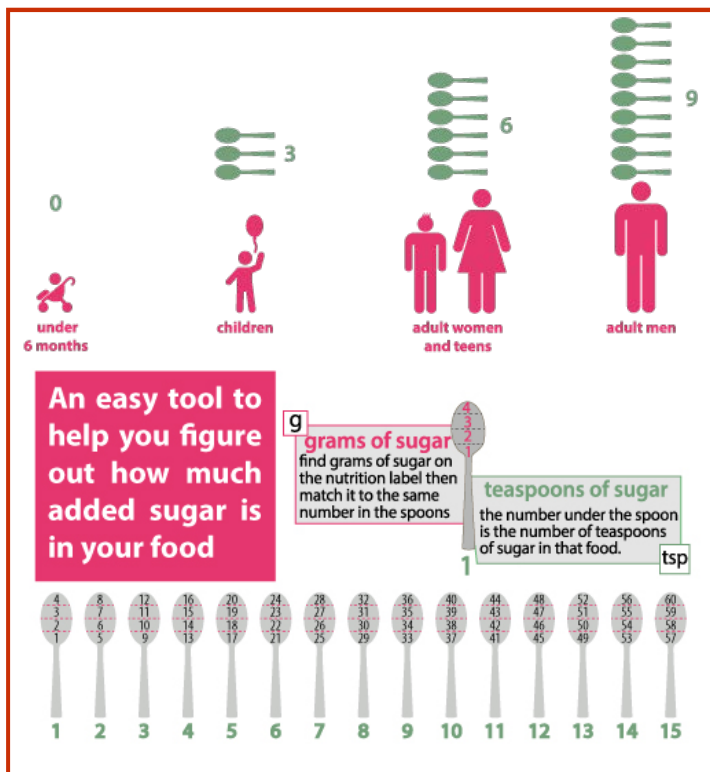
dextrose	raw sugar
molasses	syrup
cane sugar	nectar
honey	fruit juice
high-fructose corn	concentrate
syrup (HFCS)	corn syrup
evaporated cane juice	cane crystals
corn sweetener	

HOW MUCH IS TOO MUCH?

The average American has about **22 tablespoons** of added sugar each day.

HOW MUCH ADDED SUGAR SHOULD YOU HAVE EACH DAY?

The American Heart Association recommends:



WHAT'S SO BAD ABOUT SUGAR?

Eating or drinking too much sugar has been linked to obesity and weight gain. It is also associated with a higher risk of many chronic diseases such as diabetes, high blood pressure, and heart disease

Many people know soda is bad... **But what about "better" drinks?**

100% Fruit juice Even though 100% fruit juice is better than soda or fruit-flavored beverages, it still has a lot of sugar. Drinking juice in high quantities can have negative effects on children, such as weight gain and tooth decay.

The American Academy of Pediatrics recommends:

- Infants under 6 months of age should not be given juice.
- Children 1 to 6 years old: no more than 4 to 6 oz (one-half to three-quarters of a cup) of juice per day
- Children 7 to 18 years old: no more than 8 to 12 oz (1 to 2 cups) of juice per day.

Sports Drinks Many ads for sports drinks make it seem like everyone doing any type of physical activity should be drinking one. The reality is, that these are very high in sodium and sugars. The best way to hydrate during and after physical activity is always water.

Water is always the best option for drinks!

ENTENDER EL AZÚCAR AÑADIDO



Azúcares añadidos son tipos de azúcares o jarabes añadidos a los alimentos durante el procesamiento o preparación.

4 gramos de azúcar = 1 cucharadita

Es importante recordar cuando se mira las etiquetas de los alimentos.

Se suele saber cuándo un ingrediente sea azúcar añadido porque tiene la terminación “osa” como **maltosa o sacarosa**. Pero muchas veces, azúcares añadidos están ocultos en la lista de ingredientes, llamado:

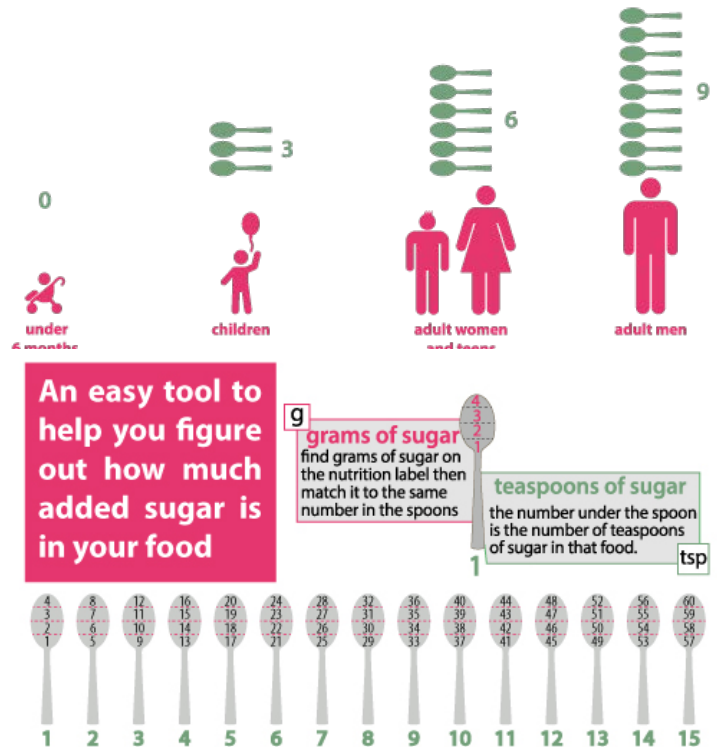
dextrosa,	edulcorante de maíz,
melaza,	azúcar,
azúcar de caña,	jarabe,
miel,	néctar,
jarabe de maíz de alta fructosa (HFCS),	jugo concentrado,
evaporado jugo de caña,	jarabe de maíz,
	caña de cristales

¿CUANTO ES DEMASIADO?

El estadounidense promedio toma alrededor de 22 cucharadas de azúcar añadido cada día.

¿CUÁNTO AZÚCAR DEBE COMER CADA DÍA?

El American Heart Association recomienda:



¿QUÉ TIENE DE MALO AZÚCAR?

Comer o beber demasiada azúcar se ha relacionado con obesidad y peso ganancia. También se asocia con un mayor riesgo de muchas enfermedades crónicas como diabetes, presión arterial alta y enfermedades del corazón.

Muchas personas saben que la soda es mala... ***Pero qué de las bebidas “mejores”?***

100% Jugo de Fruta

Aunque 100% jugo de fruta es mejor que soda o bebidas con sabor a fruta, todavía tiene mucha azúcar. Beber jugo en grandes cantidades puede tener efectos negativos en los niños, tales como ganancia de peso y caries dentales.

La American Academy of Pediatrics recomienda:

- Los bebés menores de 6 meses no se deben dar jugo.
- Niños de 1 a 6 años: no más de 4 a 6 onzas (una mitad hasta tres cuartos de una taza) de jugo por día.
- Niños 7 to 18 años: no más de 8 a 12 onzas (1 a 2 tazas) de jugo al día

Bebidas Deportivas

Muchos anuncios para las bebidas deportivas hacen parecer que todo el mundo tiene que beberlas si hace cualquier tipo de actividad física. La realidad es que jugo de fruta y bebidas deportivas son muy altos en sodio y azúcares. La mejor manera de hidratarse durante y después de la actividad física siempre es agua.

El agua siempre es la mejor opción!

Water: How Much Do Kids Need?

Water is one of the body's most essential nutrients. People may survive six weeks without any food, but they couldn't live more than a week or so without water. That's because water is the cornerstone for all body functions. It's the most abundant substance in the body, averaging 60 percent of body weight. It helps keep body temperature constant at about 98.6 degrees Fahrenheit, and it transports nutrients and oxygen to all cells and carries waste products away. Water helps maintain blood volume, and it helps lubricate joints and body tissues such as those in the mouth, eyes and nose.



How Much Water Do Kids Need?

The daily amount of water that a child needs depends on factors such as age, weight and sex. Air temperature, humidity, activity level and a person's overall health affect daily water requirements, too. The chart below can help you identify about how many cups of water your child or teen needs each day. These recommendations are set for generally healthy kids living in temperate climates; therefore, they might not be exact for your child or teen.

The amount of water that your child or teen needs each day might seem like a lot, but keep in mind that the recommendations in the chart are for total water, which includes water from all sources: drinking water, other beverages and food. Fruits and vegetables have a much higher water content than other solid foods. This high water content helps keep the calorie level of fruits and vegetables low while their nutrient level remains high — another great reason for kids to eat more from these food groups.

So how do you apply total water recommendations to your kid's day? As a rule of thumb, to get enough water, your child or teen should drink at least six to eight cups of water a day and eat the recommended number of servings of fruits and vegetables every day. Also, pay special attention to your child's or teen's water consumption when they are physically active. Before, during and after any physical activity, kids need to drink plenty of water, especially in hot weather. The goal is to drink a half cup to two cups of water every 15 to 20 minutes while exercising.

Kids Total Daily Beverage and Drinking Water Requirements

<u>Age Range</u>	<u>Gender</u>	<u>Total Water (Cups/Day)</u>
4 to 8 years	Girls and Boys	7
9 to 13 years	Girls	9
	Boys	10
14 to 18 years	Girls	10
	Boys	14

Data are from Institute of Medicine of the National Academies. Dietary Reference Intakes (DRIs) Tables. Recommended Daily Allowance and Adequate Intake Values: Total Water and Macronutrients.

Reviewed July 2018

Source: <https://www.eatright.org/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>

Fresh Fruit and Herb Sparkling Water Recipe

Become a mixologist by blending any combination of fruit — sweet or sour — to create refreshing *aguas frescas de frutas* (meaning "fresh fruit water" in Spanish). Popular in many Latin American and Caribbean regions, these fruit drinks are made from pureed fruit and a splash of sparkling water or wine that adds the "fizz." Sipping an agua fresca is a nourishing, vitamin C-rich, low-calorie alternative to store-bought fruit drinks.



Alter this recipe with fruit that is less common to you — guava, mango, papaya or passion fruit — or use more common types — berries, lemon, lime, oranges, peaches or pineapple. You can involve kids, too. Let them mix and match to create their own recipe.

Ingredients

8 ounces fresh strawberries, hulled, or other berries
1 cup cubed ripe melon (cantaloupe, Crenshaw, honeydew, watermelon)
2 cups ice cold water
¼ cup fresh lemon juice
2 tablespoons finely chopped fresh basil or mint leaves
2 tablespoons sugar, or to taste (optional)*
Ice cubes
8 ounces club soda, tonic water or sparkling wine
Lemon slices, for garnish
Basil or mint sprigs, for garnish

Directions

1. Combine strawberries, melon, water and basil or mint in a blender. Whirl to liquefy. Allow mixture to sit for 5 minutes to allow basil or mint to infuse fruit puree with flavor.
2. Pour into a 1-quart pitcher. Add lemon juice and sugar, as desired. (If sugar is added, stir to dissolve.)
3. To serve, put ice into four glasses. Pour fruit mixture over ice. Add 2 ounces tonic water, club soda or sparkling wine to each. Garnish each glass with lemon slices and basil or mint.
4. Serve immediately. Pureed fruit may settle.

Cooking Note- *Sweeten to taste if desired, depending on sweetness of fresh fruit.

Nutrition Information

Serves 4- Calories: 35; Calories from fat: 0; Total fat: 0g; Saturated fat: 0g; Trans fat: 0g; Cholesterol: 0mg; Sodium 20mg; Total carbohydrate: 9g; Dietary fiber: 2g; Sugars: 6g; Protein: 1g

Reviewed January 2014 Roberta Duyff, MS, RD, FAND, is author of Academy of Nutrition and Dietetics Complete Food and Nutrition Guide and 365 Days of Healthy Eating.

Source: <https://www.eatright.org/food/planning-and-prep/recipes/fresh-fruit-and-herb-sparkling-water-recipe>

HEALTHY HYDRATION

More than half of school-age children are under-hydrated and too many children routinely drink sugary beverages — and that makes it harder for their minds and bodies to work well. Help them hydrate the healthy way by making the availability of safe and free drinking water at schools a priority. Learn more about water access and promotion in schools at www.DrinkingWaterAlliance.org.



Staying hydrated helps children think better

- Being properly hydrated can improve children's memory and attention.^{1,2}
- Even mild levels of dehydration may result in decreased concentration, alertness and short-term memory.^{3,4}
- A drink of water can improve children's visual attention and fine motor skills.⁵



Drinking water, rather than sugary drinks, helps prevent tooth decay

- Children who primarily drink water or milk have fewer dental caries than those who drink soda.^{6,7}
- The more sugary beverages children consume, the higher their risk for dental disease.⁸
- A drink of water after meals rinses the mouth and restores a healthy pH.⁹



Children's bodies work best when hydrated the healthy way — with water!

- Water performs critical functions in the body. It's needed for biochemical reactions, temperature regulation, transportation of nutrients throughout the body, and is an important factor in cell metabolism and gene expression.^{10,11}
- Drinking plain water instead of sugary drinks can reduce weight and prevent excess weight gain in children.^{12,13}
- Childhood obesity has short- and long-term negative impacts on emotional, social, and physical health.^{14,15}

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Water First

A Toolkit for Promoting
Water Intake in
Community Settings



W.K.
KELLOGG
FOUNDATION

Consuming water, a beverage with zero calories and no added sugar, is critical to the health and well-being of children and their families.

When schools and community sites provide drinking water as an alternative to sugary drinks such as soda and sports drinks, they can help prevent obesity and dental caries and promote children's overall development.

Recently, there has been an increased focus on installing new appealing water sources such as reusable water bottle filling stations in community spaces. Simply installing these water sources, however, is not enough. In order to increase water intake, schools and community sites should also actively promote consumption of water from these new sources. Even in sites with older water sources, promoting water intake by displaying colorful signs or by providing cups can help boost water intake.

The following steps can help you to create a water promotion campaign at your site.

BUILD YOUR TEAM

Who do you want to invite to help design your promotion campaign?

Ask community members, staff and representatives from your target audience to join your team. This will help ensure that your message resonates with your target audience.

DEFINE YOUR MESSAGE

The next step is to decide **what** information about water you wish to convey.

Consider what currently prevents your site users from drinking water, and what messages will motivate them to drink more water. For example, you could highlight that water contains zero sugar or how tap water is inexpensive compared to sugary drinks.

SPREAD YOUR MESSAGE

Now it's time to decide **how** to encourage water consumption.

For example, you can use signs and flyers, create a mural, teach lessons, or conduct a tap water taste test. The method you choose will depend on who can help with implementation, how much funding is available, and your program goals.



**FILL UP
A CUP OR
BOTTLE!**

Don't forget to provide cups next to water sources at your site. Cups allow site users to take more than just a few sips of water at a time.

Also encourage the use of reusable water bottles that can be filled at your site. If the budget allows, distribute free reusable water bottles to site users, or sell them as part of a healthy fundraiser.

For the complete Water First toolkit, please visit:

[waterinschools.org/
water-first-toolkit](http://waterinschools.org/water-first-toolkit)

Photo by Daisy Acosta.



Make a Splash by Promoting Water Intake

Simple promotion activities and initiatives can make a big difference in motivating site users to drink water. Below are a few examples of activities to promote water intake across different types of community sites. Pick a few strategies that seem achievable to implement right now. You can add to your efforts with more strategies later.

STRATEGIES TO PROMOTE WATER INTAKE IN COMMUNITY SETTINGS*

Child Care Facilities



Water Breaks. Incorporate regular water breaks into daily schedules. Encourage children and staff to fill up water bottles or visit the fountain to drink water.

Read the “Potter the Otter” Book. This illustrated story about an otter who loves to drink water was designed to educate parents, child care providers, and young children about how to make healthier beverage choices. Find the tale online at: www.pottertheotter.com.

Sing Along to Andy Z’s “Drink More Water”. This original song and accompanying music video encourages children to drink more water. Children can learn the moves and dance along! Watch the video online at: <http://bit.ly/1fZOKIL>.

Schools



Water Week. Dedicate a week to celebrate drinking water. Incorporate games, prizes, competitions, and lessons.

Door Decorating Competition. Have students or staff compete to decorate their classroom or office door with the most creative and compelling message about drinking water.

Water Curriculum. Incorporate lessons and activities about water and other beverages into school or afterschool activities.

Clinics



Prescription for Water. Provide patients with a “prescription” to drink more water. Patients can “fill” their prescriptions by filling up their water bottles at the site’s water sources.

Activity Worksheets. Fun and educational worksheets about water and sugary drinks can be made available in waiting rooms.

Logo Design Competition. Host a competition in which patients or employees create logos, posters or water bottle designs to promote water intake. Incorporate winning designs into the water promotion at your site.

Community Sites (e.g. libraries, family resource centers, museums)



Water Contract. Invite individuals or families to sign contracts pledging to drink more water and fewer sugary beverages.

Small Giveaways. Hand out inexpensive prizes such as pencils, stickers, magnets and temporary tattoos that feature messages about drinking water.

Play “Share the Love, Share the Water Video” in Waiting Rooms or Common Spaces. This short animated video available in English and Spanish describes the benefits of drinking water and provides families with tips to make drinking water the easy choice. Watch the video online at: www.youtube.com/watch?v=ajjDoKIN7Lw.

Parks and Other Outdoor Sites



Paint a Community Mural. Create a mural next to your site’s water sources. Include images and messages to showcase why water is important to your community.

Staff Training. Educate staff about the benefits of drinking water so that they can serve as role models for site users.

Dress Up Your Water Source. Improve the appeal of your water sources with metal plaques or colorful decals pasted onto or directly behind the water source. Make sure decorations are water and vandal-proof.

*Activities displayed above could be transferrable across different community sites.

Cucumber Mint Water

8 Servings

Ingredients

- 8 cups of **water**
- 1 small **cucumber**, washed and thinly sliced
- ¼ cup fresh **mint leaves**, thoroughly washed



Nutrition Information

Serving Size: 1 cup

Calories: 0
Total Fat: 0g
Saturated Fat: 0g
Protein: 0g
Sodium: 5mg
Carbohydrates: 1g
Added Sugar: 0g
Fiber: 0g

Instructions

1. Pour 8 cups of water into large water pitcher. Place the thin slices of cucumber and mint leaves in the water.
2. Cover, refrigerate and enjoy!

Agua de Pepino y Menta

8 Porciones

Ingredientes

- 8 tazas de **agua**
- 1 **pepino** pequeño, lavado y partido en tajadas delgadas
- ¼ taza **menta fresca**, lavada



Información Nutricional

Tamaño de Porción: 1 taza

Calorías: 0
Grasa Total: 0g
Grasa Saturada: 0g
Proteína: 0g
Sodio: 5mg
Carbohidratos: 1g
Azúcar Agregado: 0g
Fibra: 0g

Preparación

1. Vierta 8 tazas de agua en un pichel grande. Coloque el pepino y la menta en el agua.
2. Cubra y refrigere. Disfrute!



Fruit Juice Fizz

1 Servings

Ingredients

4 oz **plain seltzer water**

4 oz **100% fruit juice** - apple, grape or cranberry juice work well!



Nutrition Information

Serving Size: 8oz

Calories: 50

Total Fat: 0g

Saturated Fat: 0g

Protein: 0g

Sodium: 5mg

Carbohydrates: 13g

Added Sugar: 0g

Fiber: 0g

Instructions

1. Mix the seltzer water and juice together over ice.

**Nutrition information includes 100% cranberry juice in analysis.*

Jugo Efervescente de Frutas

1 Porción

Ingredientes

4 onzas de **agua de soda/efervescente** sin sabor

4 onzas de **jugo 100% de fruta**-manzana, uva o arándano.



Información Nutricional

Tamaño de Porción: 8oz

Calorías: 50

Grasa Total: 0g

Grasa Saturada: 0g

Proteína: 0g

Sodio: 5mg

Carbohidratos: 13g

Azúcar Agregado: 0g

Fibra: 0g

Preparación

1. Mezcle el agua de soda y el jugo y agregue hielo.

** La información nutricional incluye 100% de jugo de arándano en el análisis.*

