Drink More Water

July 2019

Look inside for...

- Understanding Added Sugar (English/Spanish)
- Water: How Much Do Kids Need?
- Healthy Hydration
- Water First Fact Sheet
- Recipes: Cucumber Mint Water & Fruit Juice Fizz (English/Spanish)

For more information on how to lead a healthier lifestyle, visit our website GetHealthyCT.org
Added sugars are types of sugars or syrups added to foods during processing or preparation.

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:

- **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.

### 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:

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**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!**

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

An easy tool to help you figure out how much added sugar is in your food.

### UNDERSTANDING ADDED SUGAR

**HOW MUCH IS TOO MUCH?**

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

¿CUÁNTO 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:

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), jarabe de maíz,
evaporado jugo de caña, caña de cristales

¿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”?

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 a 18 años: no más de 8 a 12 onzas (1 a 2 tazas) de jugo al día

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.

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Gender</th>
<th>Total Water (Cups/Day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 8 years</td>
<td>Girls and Boys</td>
<td>7</td>
</tr>
<tr>
<td>9 to 13 years</td>
<td>Girls</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Boys</td>
<td>10</td>
</tr>
<tr>
<td>14 to 18 years</td>
<td>Girls</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Boys</td>
<td>14</td>
</tr>
</tbody>
</table>

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
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


Source: [https://www.eatright.org/food/planning-and-prep/recipes/fresh-fruit-and-herb-sparkling-water-recipe](https://www.eatright.org/food/planning-and-prep/recipes/fresh-fruit-and-herb-sparkling-water-recipe)
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.

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.

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
## 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.

<table>
<thead>
<tr>
<th>STRATEGIES TO PROMOTE WATER INTAKE IN COMMUNITY SETTINGS*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Child Care Facilities</strong></td>
</tr>
<tr>
<td>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.</td>
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<tr>
<td>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: <a href="http://www.pottertheotter.com">www.pottertheotter.com</a>.</td>
</tr>
<tr>
<td>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: <a href="http://bit.ly/1fZOKiL">http://bit.ly/1fZOKiL</a>.</td>
</tr>
<tr>
<td><strong>Schools</strong></td>
</tr>
<tr>
<td>Water Week. Dedicate a week to celebrate drinking water. Incorporate games, prizes, competitions, and lessons.</td>
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<tr>
<td>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.</td>
</tr>
<tr>
<td>Water Curriculum. Incorporate lessons and activities about water and other beverages into school or afterschool activities.</td>
</tr>
<tr>
<td><strong>Clinics</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Activity Worksheets. Fun and educational worksheets about water and sugary drinks can be made available in waiting rooms.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Community Sites</strong></td>
</tr>
<tr>
<td>(e.g. libraries, family resource centers, museums)</td>
</tr>
<tr>
<td>Water Contract. Invite individuals or families to sign contracts pledging to drink more water and fewer sugary beverages.</td>
</tr>
<tr>
<td>Small Giveaways. Hand out inexpensive prizes such as pencils, stickers, magnets and temporary tattoos that feature messages about drinking water.</td>
</tr>
<tr>
<td>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: <a href="http://www.youtube.com/watch?v=aJjDoKIN7Lw">www.youtube.com/watch?v=aJjDoKIN7Lw</a>.</td>
</tr>
<tr>
<td><strong>Parks and Other Outdoor Sites</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Staff Training. Educate staff about the benefits of drinking water so that they can serve as role models for site users.</td>
</tr>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

*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

**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!

**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

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**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

**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!

**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
Fruit Juice Fizz

1 Servings

Ingredients
4 oz plain seltzer water
4 oz 100% fruit juice - apple, grape or cranberry juice work well!

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

*Nutrition information includes 100% cranberry juice in analysis.

Nutrition Information
Serving Size: 8oz
Calories: 50
Total Fat: 0g
Saturated Fat: 0g
Protein: 0g
Sodium: 5mg
Carbohydrates: 13g
Added Sugar: 0g
Fiber: 0g

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.

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.

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