

**Re-think  
the  
Drink**

# Healthy Harnett

Promoting Healthy Lifestyles Challenges

**All about Drinking Water. . . .** We encourage families to make water available at and between meals for several reasons:

- **Water has no sugar, caffeine, or calories and is a great thirst quencher:** To limit the caffeine and sugar in our diet. Many of the drinks we serve our families, like sweet tea and sodas, are loaded with sugar and caffeine. Even fruit juices and fruit drinks have sugar in them.

## Parents:

- 🍏 Do not “stock the fridge” with sugar-sweetened drinks. Instead, keep a jug or bottle of cold water in the fridge.
- 🍏 Serve water with meals
- 🍏 Encourage children to drink water
- 🍏 Go light on the sugar in your sweet tea!

If the weather is very warm or if you are more physically active, you need to drink **more** water

- Keep a water bottle handy
- Drink water before, during and after physical activity
- It costs little or nothing and is readily available. Just open the tap in your kitchen and fill a glass.
- **Water has many health benefits.** Water keeps the body hydrated. Regular water consumption even reduces the likelihood of constipation.

