



# "I EAT RIGHT"

## Why Water? And Ways To Make It Taste Good!

Water is important for your body.

It is important to drink 5-8 glasses of water a day and your family can set goals for drinking enough water each day for the next week.

There are lots of ways to make water taste good.

### HEALTHY HABIT OF THE DAY

I limit my sugary drinks or treats to one a day.



Healthy LifeStars

### Why is it important to drink water?

Water is important for our bodies:

- It helps us fight illness, which keeps you from getting sick.
- It helps digest the foods that we eat.
- It helps your brain concentrate more- which makes it easier to learn

### What happens when you don't get enough water?

- You can get a headache.
- You can get a tummy ache.
- It could make you feel tired.
- It could make you feel dizzy

### How many glasses of water should you drink a day?

- 5-7 (8 oz) glasses /day for 5-8 year olds
- 8 or greater (8 oz) glasses/ day for 9-13 year olds

### Ways of making water fun to drink:

- Adding a bit of flavor to the water with a small amount of juice.
- Squeeze in a bit of lemon, lime, or orange.
- Try adding some cucumber slices or fresh mint leaves or pieces of fruit
- Avoid artificial sweeteners and sugary additions to water, like Kool-Aid.

## QUESTIONS TO ASK YOUR CHILD

**Q:** What is your goal for drinking water today? How many glasses do you want to drink?

**Q:** How do you like to drink water? Do you like it warm or cold? With or without ice?

**Q:** What flavors would you like to try in your water?

# 6 benefits of Drinking Water

## 1.) Drinking water maintains balance of body fluids

Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.



## 2.) Water can help control calories

For years, dieters have been drinking lots of water as a weight loss strategy. While water doesn't have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help.

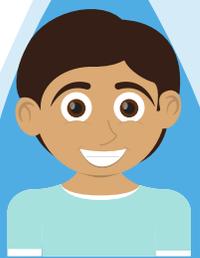


## 3.) Water helps energize muscles

Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue.

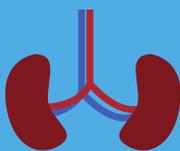
## 4.) Water helps keep skin looking healthy

Your skin contains plenty of water, and functions as a protective barrier to prevent excess fluid loss. Dehydration makes your skin look more dry and wrinkled, which can be improved with proper hydration.



## 5.) Water helps your kidneys

Body fluids transport waste products in and out of cells. Your kidneys do an amazing job of cleansing and ridding your body of toxins as long as your intake of fluids is adequate.



## 6.) Water protects our joints and cartilage

Water acts as a lubricant and cushion for your joints.



## Recipe: Fruit Ice Cubes

Frozen Fruit Ice is the perfect way to make a healthy and fruity soda, and it's so easy! This ice is made from 100% pure fruit and it looks as good as it tastes!



### Ingredients

1 bag frozen fruit of your choice (you can also use multiple fruits if you'd like)

Seltzer Water (no sugar added)

Ice cube tray

Let the bag of frozen fruit thaw, or place the frozen fruit in the microwave for a few seconds to soften

Blend the fruit on high until it's a smooth puree. Add a touch of water as needed to thin it out

Pour the puree into your ice cube tray and freeze for a least 2 hours or until frozen

Place a few ice cubes in a glass and pour seltzer over it



## Glasses of water

1 2 3 4 5 6 7 8

	1	2	3	4	5	6	7	8
1	○	○	○	○	○	○	○	○
2	○	○	○	○	○	○	○	○
3	○	○	○	○	○	○	○	○
4	○	○	○	○	○	○	○	○
5	○	○	○	○	○	○	○	○
6	○	○	○	○	○	○	○	○
7	○	○	○	○	○	○	○	○
8	○	○	○	○	○	○	○	○
9	○	○	○	○	○	○	○	○
10	○	○	○	○	○	○	○	○
11	○	○	○	○	○	○	○	○
12	○	○	○	○	○	○	○	○
13	○	○	○	○	○	○	○	○
14	○	○	○	○	○	○	○	○
15	○	○	○	○	○	○	○	○
16	○	○	○	○	○	○	○	○
17	○	○	○	○	○	○	○	○
18	○	○	○	○	○	○	○	○
19	○	○	○	○	○	○	○	○
20	○	○	○	○	○	○	○	○
21	○	○	○	○	○	○	○	○
22	○	○	○	○	○	○	○	○
23	○	○	○	○	○	○	○	○
24	○	○	○	○	○	○	○	○
25	○	○	○	○	○	○	○	○
26	○	○	○	○	○	○	○	○
27	○	○	○	○	○	○	○	○
28	○	○	○	○	○	○	○	○
29	○	○	○	○	○	○	○	○
30	○	○	○	○	○	○	○	○
31	○	○	○	○	○	○	○	○

Day of the Month

# HYDRATE!



Color a circle for each glass of water you drink on each day of the month to track how much you drink!

