

Count Your CUBES!

CHOOSE WATER MOST!

Why do we need water?

Our bodies need water to:

- cool off by sweating
- carry nutrients (like vitamins and minerals) to different parts of our bodies
- carry waste (like carbon dioxide) out of our bodies
- digest food
- allow our muscles to contract
- stay hydrated!

Tips for making the healthy choice the easy choice!

- Serve tap water – it's a healthy, low-cost choice.
- For a change, add a slice of lemon or lime or a few berries to a clear glass of water.
- Keep a jug of chilled water in the fridge – especially in the summer!
- Ensure that you drink more water in hot weather.
- Ensure that you drink more water when very active.
- Stock your fridge with healthy drinks such as water and milk.
- If milk is not an option, other calcium-fortified drinks are available (e.g., unsweetened fortified soy beverage, unsweetened fortified rice beverage).
- Have milk or water with meals or snacks and water the rest of the day.
- Avoid sugary drinks.
- To help drink less sugar from drinks:
 - Buy smaller sizes of drinks.
 - Pour smaller servings, setting aside the rest of a container for the next time.
 - Make healthy drink choices of our own!

