

# Choose water as a drink

Drinking water is the best way to quench your thirst. Even better, it doesn't have all the extra sugar found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters.

It's okay to have sweetened drinks sometimes – but not every day.

Did you know that 250ml of fruit juice or soft drink contains the equivalent of approximately **6 teaspoons of sugar**? Add it up: if one teaspoon contains 4 grams of sugar, just one drink a day puts almost an extra **9 kilograms of sugar** into your system every year!

## Why drink water?

- ★ It helps prevent decay and holes in your teeth.
- ★ The fluoride found in tap water in most areas helps you develop strong teeth.
- ★ Tap water costs a whole lot less than other drinks.

Often we don't feel thirsty, even when our bodies need fluid. That's why it's a good idea to drink water regularly during the day, and especially when it's hot.

It's also important to make sure you drink water before you play sport or games. Drink plenty afterwards too so that you make up for what you've lost through sweating.

**“About two-thirds of the human body is made up of water.”**



## Water and your body

- ★ About two-thirds of the human body is made up of water.
- ★ Water helps control your body temperature, carries nutrients and oxygen to cells, cushions joints, protects organs and helps to remove wastes.
- ★ Water is lost from the body through sweating, breathing and going to the toilet.
- ★ Dehydration – or not having enough fluid in your body – can cause headaches, tiredness, crankiness and poor concentration.

## How much should I drink each day?

**All children 4-8 years** - 1.2 litres per day or about 5 glasses

**Boys 9-13 years** - 1.6 litres per day or about 6 glasses

**Girls 9-13 years** - 1.4 litres per day or about 5-6 glasses

Remember, you need to drink extra water on hot days and during moderate or vigorous activity.