



**Eating right
and being active...
It's as easy as**



54321 Go! ★

4

servings of water a day

How much water does my child need?

Water needs are variable-making it hard to determine exactly how much water your child needs throughout the day. Some of the factors that increase water needs include:

- Hot weather
- Physical activity
- Illness

Tips for making sure your child is getting enough water:

- Make getting water easy by keeping a container of water with a kid-friendly spout in the fridge - it's best if kids can help themselves to water whenever they're thirsty.
- Kids often forget to drink when they're having a lot of fun playing. Remind your children to drink regularly - encourage them to take a drink every 15-20 minutes during vigorous physical activity.
- Keep bottled water in your car so that you're never lacking when you're on an outing.
- If kids are used to Kool-aid or juice, try weaning them off of it by diluting it a little more each day. Or alternate sweetened beverages with pure water.
- Help your kids develop a habit of drinking some water each time they go to the bathroom.
- Have water or milk (but not sweetened drinks) available at every meal.

Does it have to be pure water?

Sweetened drinks, like juice, Kool-aid, sports drinks, and soda pop add calories that shortcut our hunger and fullness sensations-making us prone to drinking more calories than our body needs. For the best health, try to get most of your fluids from pure water and limit sweetened drinks.

Does my child need a sports drink?

Sports drinks are designed to replace the sugar and electrolytes (sodium and potassium) that are lost during vigorous activity. If your child is participating in continuous, vigorous activity that is sustained for longer than an hour, a sports drink may be a good choice for rehydration. For most activities, plain water is the best choice for rehydration.

Is it okay to drink water from the tap or should we be using bottled water?

Lincoln's municipal water supply is tested annually to make sure that it is free of contaminants and safe for drinking. Lincoln's tap water is safe for drinking and has had fluoride added to promote dental health. Getting fluoridated water is especially important for children, whose teeth are still developing. Bottled water, depending on its source, may or may not be fluoridated.

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5 servings of fruits and vegetables a day

4 servings of water a day

3 servings of low-fat dairy a day

2 hours or less of screen time a day

1 hour or more of physical activity a day

Go! ★

The infographic features a green background with five numbered items in purple circles. To the right of the items are decorative circles: a purple circle next to '5', a light green circle next to '3', and a purple circle with a red dot next to '2'. At the bottom right is a white circle containing the word 'Go!' in purple with a green star below it.



Teach a Kid to Fish

Creating community solutions for children's health