

# Drink Water – It's Sugar-Free!

## Instructions

- Page 2 and 3 are title pages.
- Pages 4, 7, 10, and 11 have key messages and may be placed in the center of the bulletin board.
- Pages 5, 8, and 12 are question pages and the following pages are the answers. Display the question pages over the correct answer page on the bulletin board. (i.e. 5 over 6, and 8 over 9)
- Decorate the rest of the bulletin board however you like.
- Page 14 is to go with the handout at the end of the document or another handout of your choice.



**Drink  
WATER**

**It's  
Sugar-Free!**

# *Sugary Drinks...*

- Add extra calories and sugar that our bodies do not need
  - This can lead to health problems like obesity and tooth decay
- Often has added caffeine, which can prevent water from doing it's job
  - Too much caffeine can cause dehydration





**What are  
sugary  
drinks?**



**Lift for Answer**





## Sodas, Sports Drinks, Energy Drinks, and Juice Drinks

These drinks contain  
a large amount of  
sugar, calories, and  
may contain caffeine.

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### Did you know?

*When a 40-pound child drinks  
one can of soda, the child is  
getting as much caffeine as a  
150-pound adult drinking  
two cups of coffee.*



## *Did You Know?*

**Our bodies  
are made up of  
 $\frac{2}{3}$  water!**





**Why is water  
so  
important?**



**Lift for Answer**





# *Reasons to Drink Water*

- Helps with a healthy weight
- It's the best thirst quencher
- Carries oxygen and nutrients to our cells
- Protects our organs and joints
- Naturally moisturizes your skin, making it look healthy and glowing
- Helps with digestion and prevents constipation

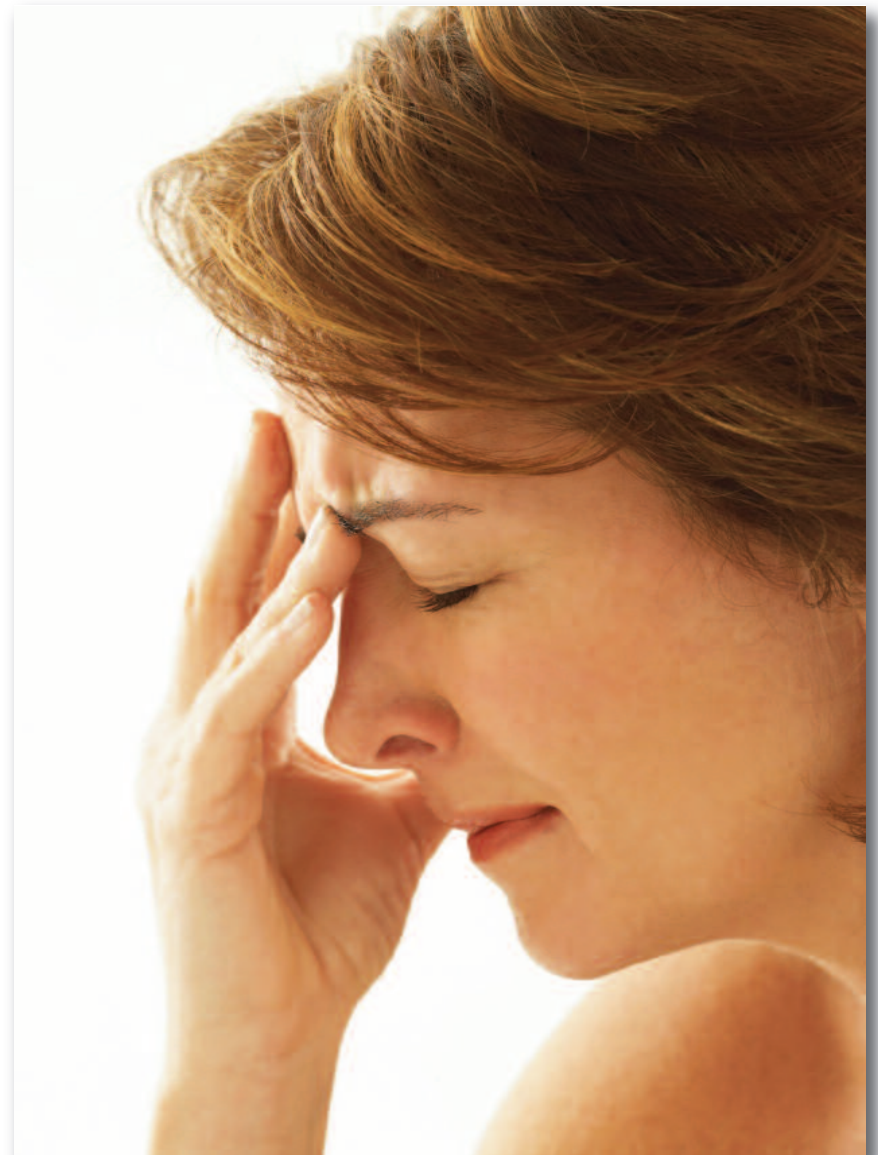
Hunger signs are often the same as dehydration signs - so grab a glass of water before eating to see if it is water your body needs or food!



# *What Can Happen If You Do Not Get Enough Water?*

Dehydration, which can cause:

- Tiredness
- Dry Mouth
- Headache
- Muscle Weakness
- Dizziness
- Lightheadedness
- Decreased ability to think



# *When Do You Need To Drink More Water?*

- When you are being active or exercising
- Hot or humid weather
- If you are sick
- If you are pregnant or breastfeeding





**How much  
water should  
you drink in a  
day?**



**Lift for Answer**



- It is recommended to drink at least 8 (8 ounce) glasses each day.

## Water comes from more than just fluids...

Fruits and vegetables are two food groups that have generally high water content.

Even meat, bread, and dairy products contain some water.



### Fruits high in Water

Watermelon  
Citrus fruits  
Grapes  
Apples  
Papaya  
Strawberries  
Apricots  
Cherries

### Vegetables high in Water

Carrots  
Bell peppers  
Lettuce  
Tomato  
Cucumber  
Squash  
Celery  
Broccoli  
Cauliflower  
Spinach





**Please  
Take One**



# REthink YOUR Drink



## My Promise To Rethink My Drink:

I promise to be a role model by limiting my sweetened drinks such as:

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I promise to keep my family healthy by not buying or serving sweetened drinks, such as:

---

I promise to:

---



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Signature

Date

## Spa Water Recipe

Fill a pitcher with cool water. Add ½ cup thinly sliced cucumber and ½ cup fresh mint leaves. Chill in refrigerator. Enjoy!

### Try different combinations of flavors:

**Thin slices:** lemon, lime, orange, grapefruit, cucumber, apple, berries, melon, pineapple, fresh ginger

**Fresh whole leaves or sprigs:** mint, basil, rosemary, parsley

## Nutrition Facts

Serving Size 1 can (12 fl. oz.)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 0
<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 50mg	2%
<b>Total Carbohydrate</b> 39g	
Dietary Fiber 0g	0%
<b>Sugars</b> 40g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

## How much sugar is in your drink?

grams (g) of sugar ÷ 4 =  
teaspoons of sugar

*Example:*

40 g ÷ 4 = 10 teaspoons  
of sugar

**Check the number of servings per container!**

## Tips for drinking more water:

- Add lemon or lime to your water
- Try the spa water recipe above
- Cold water may taste better
- Have a glass of water at the table for every meal
- Have a glass of water near you when you are working
- Drink water when you feel like snacking
- Drink water when you eat out – it's free!
- Go green and save money – take a refillable bottle of water with you





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