



## ZERO SUGARY DRINKS

# Water is fuel for your body.

Make sure you and your child get  
enough every day!

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### Keep it handy

Keep a water bottle on hand so kids can fill up at water fountains or sinks.



### Keep it cold

Fill up a pitcher of water and keep it in the fridge.



### Make it fruity

Add fresh lemon, lime or orange slices to water for natural flavor.



### Make it fun

Add frozen or fresh berries for color.



Levine Children's Hospital



Atrium Health

# Water is the best drink for your child. Its many benefits include:

- Quenching thirst
- Helping you feel awake and alert
- Helping your body fight off sickness
- Keeping you cool during physical activity or hot weather

## How much water should your child drink per day?

Let your child's age guide you. The number of 8-ounce cups should match your child's age (until the age of 4).

### AGE 1



1 Cup

### AGE 2



2 Cups

### AGE 3



3 Cups

### AGE 4



4 Cups

### AGE 5+



4-6 Cups

Talk to the doctor about finding the right amount for your child.

## Tips for cutting back on sugary drinks:

- Make water and low-fat milk the main drink choices
- Choose whole fruit instead of juice when possible
- If you do buy juice, get 100% fruit juice and limit amount
- Choose water instead of sports drinks after activity
- Don't give energy drinks to children of any age



**FIVE SERVINGS OF FRUITS & VEGGIES**



**TWO HOURS OR LESS OF SCREEN TIME**



**ONE HOUR OR MORE OF PHYSICAL ACTIVITY**



**ZERO SUGARY DRINKS**

For more information, visit  
[CarolinasHealthCare.org/HealthyTogether](https://CarolinasHealthCare.org/HealthyTogether)