

Hydration

KIDS CREATE NUTRITION NEWSLETTER



Kids
CREATE

NOURISHING KNOWLEDGE

- Staying hydrated helps kids concentrate and do better in school. Not having enough water can cause headaches or make children feel sick.
- When kids are hydrated, they stay energized and ready to play and learn.
- When kids have enough water, it keeps muscles working better, and the heart, kidneys, and stomach can do their jobs. It also keeps skin from feeling dried out.
- Drinking water helps your body stay cool, especially when kids are active or it's hot outside.



MAKE IT FUN

Personalized Water Bottles

Have kids personalize their water bottles to keep with them throughout the day.

Citrus blast-infused water

Add slices of lemon, orange, and lime to water. It's refreshing and full of vitamin C

HEALTHY HABITS

- Make water, low-fat or fat-free dairy milk and fortified soy alternatives easy options to grab in your home. Have ready-to-go containers filled and in the fridge to take on outings.
- Kids should drink water throughout the day especially when they are engaged in active play or after sports.
- Choose water over sugary drinks. Water is the best drink to keep kids hydrated and healthy
- Eating fruits like watermelon and vegetables like cucumbers can help kids stay hydrated
- Encourage kids to drink water whenever they feel thirsty, and more during hot weather or intense activities.
- Kids ages 4-13 should aim to drink 5-8 cups of water each day



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Use the MyPlate Plan at [MyPlate.gov](https://www.mypate.gov) to find an eating plan that is right for your child.

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