

# WATER, HYDRATION AND HEALTH: SEASONAL ANNOUNCEMENTS

## COOL OFF WITH SUMMER'S BEST SIPS



**Beaches, ballparks and BBQs:** No matter what you're celebrating this summer, make sure you have plenty of water to keep you hydrated. Water is calorie-free, sugar-free and can help keep you cool when the temperature rises.

**Are you drinking enough water?** As the heat and humidity rise, you need more fluids to stay well hydrated.<sup>1</sup> Make sure you have plenty of calorie-free, sugar-free options - especially water - on hand to remind you to drink up. Pick up some bottled water today for your on-the-go healthy hydration.

## BACK TO SCHOOL



**Did you know most kids don't drink enough water**—especially before heading off to school? One study found more than one-quarter of school-aged kids reported not drinking any water at all on two consecutive days.<sup>2</sup> Make it easy to stay well hydrated, by packing water—from the bottle or tap—in children's lunches and in the car for afterschool activities.

**When buying your back-to-school essentials,** remember to look for 8-ounce bottled water. The kid-friendly bottles are perfect for school lunches, afterschool snacks or to keep kids hydrated when playing sports. Keep water handy so it's easier for kids to reach for water when thirsty.

## HOLIDAY



**Hosting a dinner party?** Want a festive addition to a holiday celebration? Sparkling water will elevate every occasion, without calories or added sugar. It's perfect on its own, with a slice of fresh lemon or lime, or you can get creative with herbs and spices to make fresh and refreshing drinks.

**Need a thoughtful gift** for a teacher, boss or colleague? Make a healthy gift basket with dietitians' best picks like sparkling water, dark chocolate, trail mix, and assorted teas with a festive mug. Or, simply pick up a six-pack or case of sparkling water and wrap it up with a festive bow.

## NEW YEAR, NEW YOU



**You are what you...drink.** That's right! You may pay more attention to what you eat to improve your diet or lose weight, but you also need to watch what you drink. According to the Dietary Guidelines for Americans: Beverages that are calorie-free—especially water—or those with beneficial nutrients, like low-fat milk and 100% juice, should be your primary beverages.<sup>3</sup>

**According to the Dietary Guidelines for Americans,** added sugars should be limited to less than 10 percent of your daily calories. While sugar-sweetened beverages may be an occasional treat, the Guidelines also recommend calorie-free beverages—especially water—to help you keep added sugars in check.<sup>3</sup>

1. U.S. Department of Health and Human Services and U.S. National Library of Medicine. Medline Plus: Dehydration. Bethesda, MD: 2015. Available at <https://www.nlm.nih.gov/medlineplus/ency/article/000982.htm> 2. Drewnowski A, Rehm CD, Constant F. Water and beverage consumption among children age 4-13y in the United States: Analyses of 2005-2010 NHANES data. Nutrition Journal. 2013; 12(1): 1-9. 3. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

