

5210 FEATURE:

February Why we love water!



Here's how you can put 5-2-1-0 into action this month:

0 SUGARY DRINKS — CHOOSE WATER!

WHY DOES THIS MATTER?

Limiting sugary drinks is a key way to promote healthy eating and prevent excess weight gain in kids. Sugary drinks, such as juice, sports drinks and soda, provide a lot of calories very quickly. Water provides a low-cost, zero-calorie beverage option!

RESOURCE: [Tips to drink more water, less juice](#)

ACTIVITY: What's your 'Flavor-ite'?

Create a flavored water tasting station using fruit (fresh or frozen) and herbs. Let sit for a few hours. Conduct a taste test and have kids vote on their favorite flavors!

FLAVORS TO TRY:

cucumber
lemon + orange
strawberry + basil
raspberry + lime
watermelon
pineapple + mint
blackberry + thyme

TIP: Add a splash of seltzer for a fizzy twist!

SPREAD THE WORD:

Did you know 1 can of soda has 40 grams of sugar? That's why we choose water!

#HealthyChoicesCount

Sports drinks? No way! We choose water every day.

#HealthyChoicesCount

What's your favorite way to drink water? (*Share a photo of your 'flavor-ite.'*)

#HealthyChoicesCount



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