

Ahhh....

PowerUp
with water!



0 PowerUp and stay hydrated with ...0 sugary drinks!



Bring on summer — stay cool, no sweat

Summer is here – and so is the heat. Did you know kids can get dehydrated because their bodies just don't cool down efficiently? Add the heat, fun of summer, and sweating and it becomes even more important to drink enough.

This summer, PowerUp with plenty of water!

Water — IN Sugary drinks — OUT!

Often referred to as “liquid candy”, sugary drinks are the number one source of added sugar in kids’ diets. Not only are they high in sugar, but most offer “zero nutrition” — nothing to help kids grow or learn. Sugary drinks also do not fill you up, like when you eat food, so it's easy to drink too many calories and can cause cavities.

Just add water! Water is nature's perfect drink. It's often free, available and okay for anyone. Plus, it's the best choice to hydrate.

Keep it available. At home, in the car, at the beach, playing sports or at a park — pack plenty of cold water. Raise your glass - make a “toast” with water as part of a fun after-activity celebration with your kids, and it will serve as a reminder to rehydrate.

Offer milk. It provides important daily nutrition needs for protein, calcium, vitamin D and potassium, which are essential for kids’ growth and are not found in any other drink. Drinking 2-4 cups a day is recommended for children.

Treat with natural sweets. Fruit is naturally sweet, good for you and has no added sugar. Plus, fruits (and veggies) are an excellent way to hydrate your body and give it a power surge of energy. Offer fruits during playtime and throw them in the cooler for after-game snacks (try watermelon, frozen grapes, oranges, cucumber slices, jicama...).



Become a sugar detective. Look to the ingredients for “sugar” (or its many imposters, like high fructose corn syrup, cane sugar, etc.). Unless it's 100% juice or milk, if the grams of sugar on the label are anything but “0” it has “added sugar”.

Parent-to-Parent...

“I was having trouble getting my kids to drink plain water, so we started adding a splash of 100% juice to water and freezing it. It's less sugary than juice, but more exciting than water and can make a slushy fruity beachside quencher. Plus, the frozen bottles stay cold and keep the cooler cold, too.”
~Jamie, mom of 5



Steve Scallon, MD
Stillwater Medical
Group, Pediatrics

Did you know... a child can lose up to 2 cups of fluid per hour when being active?

American Academy of Pediatrics (AAP) recommends kids drink 6 glasses of water on an average day, plus during activity:

- 5 ounces (or 2 kid-size gulps) of water every 20 minutes (for 88-pound child)
- 9 ounces of water every 20 minutes (for 130-pound child).

Kids should also drink about 16 oz (2 cups) of water 2 hours before vigorous exercise.

ZERO SUGARY DRINKS

Sugary drinks – like soda, sports and fruit drinks – aren't the best choice for kids (or anybody)! They might have the yum, but sugary drinks will drain your power. When in doubt, milk or water is always the best choice.

Natural Sugar is found in foods like fruit, veggies, milk and yogurt and helps you PowerUp!

Added Sugar is found in soda, fruit punch, sports drinks and energy drinks and powers you down!

Be a sugar detective

Look for these words in the ingredients list on your drink. If you find one, your drink is probably sugary.

<input type="checkbox"/> Sugar	<input type="checkbox"/> Maltose
<input type="checkbox"/> High fructose corn syrup	<input type="checkbox"/> Honey
<input type="checkbox"/> Cane syrup	<input type="checkbox"/> Molasses



Thirsty? Choose to lose the sugar

Circle the best choice



water -or- energy drink?

Drink five to eight cups of water a day to power up for sports, school and play. Skip the energy drinks.



fruity drink -or- 100% fruit juice?

100% fruit juice is real fruit, but just a little each day. Munching on whole fruit is even better. Skip the fruit drinks.



milk -or- soda?

Three cups of milk a day (1% or skim) is good for strong teeth, bones and energy. Skip the soda.

Guess how much of your body is water?

20% 40% 60%

Water makes up 60% of your body, so get plenty of it every day!

This summer – make a Power Switch!

Switch out this sweet



Sugary Drinks

for this sweet



Fruit-infused Water

or this sweet



Fruit

To receive this newsletter electronically visit powerup4kids.org

*PowerUp is supported by designated funds of the Lakeview Foundation and HealthPartners with planning and oversight by the Lakeview Foundation Health & Wellness Advisory Committee.

LAKEVIEW
HEALTH

HealthPartners Family of Care