



CHL Tips for Increasing Water Intake and Decreasing Sugar-Sweetened Beverage Intake

The CHL program partners with community members and organizations to make deliberate choices that lead to healthier children. This tip or coaching sheet will assist you in achieving a positive change in the life of your child. Give the following tips a try and stay with them throughout your child's life!

Replace sweet drinks

- Replacing sweetened drinks, including 100% juice, with water, which is healthy and free.
- Serving nutritious drinks to children promotes a healthy weight and a healthy lifestyle.

Be a role model

- Modeling healthy eating and drinking encourages children to be healthy. Avoid drinking sugary drinks, including large amounts of juice, in front of children.

Serve fresh fruit

- Serving fresh fruit instead of fruit juice is best, because it is high in dietary fiber and is a natural source of energy.

Things to do

- DO **serve clean tap water**. Most tap water is safe. If taste needs improvement add fruit.
- DO make clean drinking water readily available indoors and out.
- DO **make drinking water fun**. Add fruit such as frozen berries, lemon, lime, or orange slices.
- DO take water jugs with you outside.
- DO **keep water and cups out at child-level** all day.
- DO serve 100% fruit juice from a cup only. It's okay to dilute it with water.
- DO **limit 100% juice**.

Tip sheet sources and additional resources

- Healthy Beverages in Child Care
<http://www.healthybeveragesinchildcare.org/resources/>
- Child and Adult Care Food Program (CACFP)
<http://www.fns.usda.gov/cnd/Care/ChildCare.htm>
- National Resource Center for Health and Safety in Child Care and Early Education
<http://nrckids.org/TipSheet/JuiceTipSheet.pdf>

Tip sheet developed by

Huizhong Wang, Graduate Assistant, CHL Program.

(v1. 1/2013)



Drink more water

Children: 4-5 cups or 32-40 ounces everyday
Adult women: 9 cups or 72 ounces everyday
Adult men: 13 cups or 104 ounces everyday



Limit sugar-sweetened beverages

Children: Almost none every week
Adults: Almost none every week

For more information about the CHL program, contact:
Northern Marianas College
Cooperative Research, Extension and Education Service
Dr. Jang Ho Kim | 670.237.6845 | jang.kim@marianas.edu

www.CHL-Pacific.org



United States Department of Agriculture
National Institute of Food and Agriculture