

## 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

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

### Be a role model

- Modeling healthy eating and drinking habits encourages children to be healthy.
- Avoid drinking sugary drinks, including large amounts of juice, iced teas, and sodas 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 to drink, and you can save money by drinking from the tap at home!
- ✓ **DO make clean drinking water readily available** indoors and outdoors, at all times during the day!
- ✓ **DO make drinking water fun.** Add colorful and flavorful fruit such as frozen berries, lemon, lime, or orange slices, or even fresh cut cucumbers!
  - ✓ **DO take water bottles or jugs with you on the go!**
  - ✓ **DO limit 100% juice.** If you are serving juice, serve it from a cup and dilute it with water.

### Tip sheet sources and additional resources

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

### Get your Daily Water Intake

- **Children:** 4 to 5 cups, or 32 to 40 ounces each day
- **Adult Women:** 9 cups, or 72 ounces each day
- **Adult Men:** 13 cups, or 104 ounces each day

Tip sheet developed by Huizhong Wang, v1.1/2013. Adapted for Guam by Rynette DeCastro, v2.8/2013.

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