ONE OF THE MOST IMPORTANT FACTORS FOR GOOD NUTRITION IS YOUR DAILY LIQUID CONSUMPTION.

TOTAL DRINKS FOR THE DAY

Find how many cups of fluid you should have for the day. Subtract juice and milk and fill the rest with water!

1-3 years: 4 cups
4-8 years: 5 cups
9-13 years: 8 cups boys; 7 cups girls
14-18 years: 11 cups boys; 8 cups girls

Keeping with the 2015 USDA Dietary Guidelines
MAKE IT FUN
Encourage kids to drink more water with a fun twist!
Provide healthy ingredients and let kids help prepare a delicious fun-infused water recipe. Use fruits, vegetables, and herbs to naturally flavor your water.

TASTY COMBINATIONS
Strawberry, Pineapple, Mint
Lemon, Blueberry, Cucumbers
Orange, Raspberry, Tarragon

DRINK TIPS
Super Smoothie! Blend fat-free or low fat milk with fruit and crushed ice (or frozen fruit) for an inexpensive healthy smoothie.

Frosty Fruits! Frozen fruit make for delicious summer treats.

Sugar sweetened beverages like soda or a flavored drink mix, drinks with artificial sugar are not for daily consumption, and should be limited to no more than 4 oz when consumed.

RECIPE INSTRUCTIONS
Add 1 cup of fruit or veggie mix to 1 liter of water and infuse overnight. Store in the fridge for up to 3 days. Try these recipes in a reusable water bottle to enjoy on the go!
Discard after 1 day.

Funded by USDA SNAP-Ed Program
This institution is an equal opportunity provider.