

Drink Water for You, Drink Water for Two

Did You Know?

- Beverages like soda pop, juice, and sports drinks contain sugar that can cause tooth decay.
- Water is good for your teeth, good for your body, good for your baby, and it's FREE!

Amount of Sugar in Common Beverages

Name	Teaspoons of Sugar	Calories
Regular Soda, 12 oz.	9 $\frac{3}{4}$	140
Ginger Ale, 12 oz.	8	124
Apple Juice, 8 oz.	6 $\frac{1}{2}$	120
Sports Drink, 8 oz.	3	63
Latte, 9.5 oz.	4 $\frac{1}{4}$	140
Caffe Mocha, 16 oz.	8 $\frac{3}{4}$	330
Chocolate Milk, 8 oz.	6	150
1% Milk, 8 oz.	3 $\frac{1}{4}$	102
Water	0	0

Tips to help you drink more water:

- Flavor your water with fruits or vegetables—try adding a slice of lemon, strawberries, blueberries, or cucumber to a glass of water. Let it sit so the water picks up the flavor.
- Choose times during the day when you don't feel as nauseous and drink a glass of water, or sip on water all day.
- Set a daily goal for the amount of water you're going to drink.

Take the Healthy Mouth Challenge!

I will:

- Choose water instead of sugary beverages.
- Set a goal for the amount of water I'm going to drink each day.
- Use the water drinking chart to track my water intake.

