

Family Thirst Quencher!

Have you heard the advice to drink more water and less sugary drinks?? This can be easier said than done. Here are some tips on how to make that switch easier for everyone in the family.



Why it matters—Drinking sugary drinks may lead to increased risk of type 2 diabetes and cavities in children.

What drinks count as sugary drinks—Iced tea • Pop • Sports drinks • Energy drinks • 100% fruit juice • Fruit-flavoured drinks and punches • Sweetened plant-based beverages • Vitamin water and other sweetened waters • Sweetened milks like chocolate milk • Hot chocolate • Sweetened hot and cold teas and coffees.

Did you know...

- Teens drink most of their sugary drinks at home.
- Children and teens copy parents' drink choices, and will drink what is available at home.

What can parents/guardians do?

- **Be a role model.** When your children see you drinking water they are more likely to do it too!
- **Have sugary drinks in the home less often.**
- **Think about when the family drinks the most sugary drinks** (at restaurants, after sports, or while watching a movie). Choose those times to slowly switch from sugary drinks to water.
- **Give water some flavour.** Ask kids for their ideas on what fruit and herbs to add to water for variety (e.g. strawberries and mint).
- **Try unsweetened sparkling or carbonated water** for a twist!
- Always **have water on the table for meals and snacks.**

Written by the Public Health Nutritionists of Saskatchewan (2020)

Distributed by: Chelsea Brown, RD | Regina Area | 306-766-7157 | Chelsea.brown@saskhealthauthority.ca



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