Water, Water ... so good for me!

Water in a bottle,
Water in the glass,
Water in the training cup,
Healthy teeth fast.

Water in the morning,
Water AT PLAY,
Water at nighttime,

GETTING HEALTHY TODAY!

Supported by the following Alaska WIC Grantees:
ASYMCA Military
Alaska Family Services—Kachemak Peninsula
Alaska Family Services—Matanuska Valley
Aleutian / Pribilof Islands Association
Bristol Bay Area Health Corporation
Cook Inlet Tribal Council
Kodiak Area Native Association
Manilaq Association
Metlakatla Indian Community
Municipality of Anchorage
Native Village of Eyak
North Slope Borough
Norton Sound Regional Health Corporation
Providence Hospital
Resources Center for Parents and Children
Southeast Regional Health Consortium
Tanana Chiefs Conference
Yukon Kuskokwim Health Corporation

For healthy teeth and strong bodies!

Support for Alaska families in making nutrition decisions for lifelong health and well-being.

For more information:
www.fitness.gov
www.gameskidsplay.net
www.cdc.gov
www.smallsteps.gov

USDA is an equal opportunity provider
**Water, Water ...**

so good for me!

- Drink water between meals and at bedtime.
- Drink milk and 100% juice in a cup with meals and snacks:
  - 2 cups (16 oz) milk a day
  - Whole milk for children 1–2 years
  - 2% or less fat milk for children age 2 and older
- ½–¾ cup (4–6 oz) juice or less a day
- Limit soda, Kool-aid, Tang, fruit drinks and sport drinks.
- Drink water with fluoride to prevent tooth decay.
- Ask your dentist or healthcare provider about fluoride.
- Drink water to prevent fatigue.
- Thirst is often mistaken for hunger.

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**Water is good to drink for strong bodies & healthy teeth!**

Goal: ______________________________________________________________________________________________________
_____________________________________________________________________________________________________________
_____________________________________________________________________________________________________________

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The Alaska Department of Health & Social Services, Public Assistance, Family Nutrition Programs, WIC (USDA is an equal opportunity provider)