

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
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Norton Sound Regional Health Corporation
Providence Hospital
Resource Center for Parents and Children
SouthEast Regional Health Consortium
Tanana Chiefs Conference
Yukon Kuskokwim Health Corporation



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

Alaska Department of Health and Social Services
Division of Public Assistance
Family Nutrition Services

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USDA is an equal opportunity provider

Water, Water ... so good for me



For healthy teeth
and strong bodies!

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.



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

Goal: _____

