



Skip Sugary Drinks; Drink More Water

Make water your first choice!

Did You Know?



Added sugars often have labels that seem “healthy” or “natural,” making them hard to spot. It’s good to know the different names for added sugars, such as high-fructose corn syrup, corn syrup, molasses, honey, and maple syrup.

In the average American diet, the biggest source of added sugars comes from sugary drinks.

Find [healthy hydration](#) resources for you and your family.



Hurray for Water!

Water is essential to fuel your body and brain. Stay healthy and hydrate with water all day long.



Go for H₂O

Make It Easy

- Keep a refillable water bottle close by.
- Add lemon, lime, or orange slices to flavor your water.
- Keep a pitcher of water in the fridge for a cold drink.
- Skip soda and sugary drinks.
- Drink water to show kids how important it is.

Fuel for Health

Water is Essential

- Your body is made up of 55–78% water, depending on age, sex, and body weight composition.
- You lose water and minerals through your sweat. Rehydrate by drinking more water when you’re physically active.

Two Years Old and Under



You can start giving your baby small amounts of water at six months when they begin solid foods, but it should not replace breast milk or formula.

Avoid added sugars for children under two, including juice, soda, and flavored milk.

