## Kids' bodies work best when hydrated the healthy way—with water!





Drinking water instead of sugary drinks prevents weight gain and type 2 diabetes



Staying hydrated helps children think better



Drinking water instead of sugary drinks helps prevent dental cavities

NATIONAL

Drinking

Water

ALLIANCE

Kids don't drink enough water. And they drink too many sugary drinks. You can help your kids by serving water at home and asking the places where they learn and play to make water first for thirst.

Learn more at www.DrinkingWaterAlliance.org.

To learn more about the research, visit www.drinkingwateralliance.org. Created with funding from the WK Kellogg Foundation. Content developed by the Nutrition Policy Institute at UCANR and members of the Nutrition & Obesity Policy Research & Evaluation Network's (NOPREN) Water Access Working Group, supported by the by the CDC Prevention Research Centers. Graphics developed by the Philadelphia Dept. of Public Health and Freepik. The contents are solely the responsibility of the authors and do not necessarily represent the official views/position of the WK Kellogg Foundation, CDC, or DHHS.