



FOR CAREGIVERS

Healthy Hydration

Plain water

Water is the preferred beverage for all ages. Choose unsweetened, non-flavored (or naturally flavored), non-carbonated water.

How much water? Every day, adolescents should drink at least half their body weight in ounces. For example, if a child weighs 80 pounds, they should try to drink at least 40 ounces of water a day.

Benefits:

- Your body uses water for almost everything it does.
- Healthy skin, hair and nails.
- Helps regulate body temperature, lubricate joints, flush waste and reproduce cells.

Did you know?

Water makes up approximately 60% of the human body.



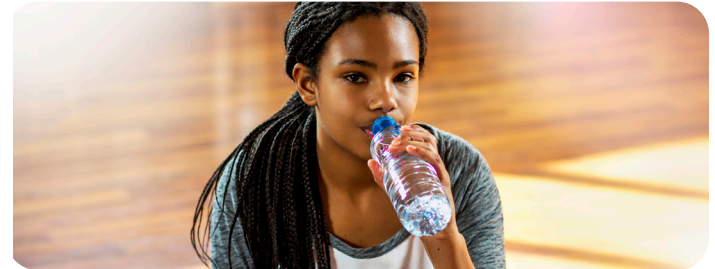
Cow's milk

The American Heart Association recommends low-fat milk; however a recent study found that full-fat milk is a good option for teens.

How much milk? Adolescents should consume approximately 3 cups per day and eat foods rich in calcium to meet their daily calcium requirement.

Benefits:

- Kids find milk more satisfying.
- Can lower blood pressure, improve gut bacteria and possibly increase strength.
- Associated with better vitamin D levels and lowers Body Mass Index. Kids who drank milk were 40% less likely to be overweight and feel better about themselves, according to one study.



Coconut water

Coconut water is a healthy, natural drink for teenagers to maintain hydration. It provides a variety of nutrients, electrolytes and vitamins – a great alternative to sports drinks.

Benefits:

- Can be used to treat dehydration.
- Helps your body regain energy, especially after a workout.
- Good for your body and your heart.
- Helps maintain a healthy cholesterol level.
- Fights the free radicals that can damage cells.

Avoid these Beverages:

Soft drinks and sweetened beverages such as fruit drinks and flavored water have poor nutritional value and should be discouraged.

- **Soft drinks and sweetened beverages** - Major sources of added sugar and contributor to obesity.
- **Low-calorie sweetened beverages** - Unknown adverse effects and lower intake of needed key nutrients.
- **Caffeinated beverages** - There is little information on the safety of caffeine in children and adolescents.
- **Energy drinks** - Large amounts of caffeine in energy drinks can cause serious health concerns such as heart problems and insomnia.
- **Protein powder** - Better off getting your protein from healthy food for better digestion and fewer preservatives.
- **Electrolyte packets** - Always consult your child's doctor before use of any electrolyte source.

How much? Not more than 8 ounces of these beverages a week.



FOR YOUTH

Healthy Hydration

Infusing Water for Taste

Make plain water taste better without sugar, sugar substitutes or artificial ingredients:

- Add slices of lemon, lime, orange or cucumber.
- Infuse water with fresh berries, pineapple or melon.
- Freeze bits of fruit in ice cube trays.
- Enhance water with fresh mint leaves, basil, ginger, rosemary or cilantro.
- Leave the fruits, vegetables, and fresh herbs in the water for up to 24 hours, then remove them and store the water in the refrigerator for up to 3 more days.

Infused water recipes

Strawberry, basil and lemon:

1/2 cup strawberries stemmed and sliced, fresh or frozen
5 large fresh basil leaves torn
1 lemon thinly sliced

Honeydew, cucumber, and mint:

1/2 cup honeydew cubes
1 cucumber thinly sliced
10 fresh mint leaves torn

Blackberries, orange, and ginger:

1/2 pint blackberries
1 orange thinly sliced
1 (2-inch) piece fresh ginger peeled and thinly sliced

Blueberry, lemon, and rosemary:

1/2 pint blueberries
1 lemon thinly sliced
4 sprigs fresh rosemary



Pineapple, coconut, and lime:

1 cup pineapple chunks, fresh or frozen
1 cup coconut chunks, fresh or frozen
1 lime thinly sliced

Watermelon, kiwi, and lime:

1 cup watermelon cubes
1 kiwi diced or cut into circles
1 lime sliced into circles

Grapefruit, pomegranate, and mint:

1 grapefruit thinly sliced
1/2 cup pomegranate seeds
10 fresh mint leaves torn

Mango, raspberry, and ginger:

1 mango peeled and cubed
1/2 pint raspberries
1 (2-inch) piece fresh ginger peeled and thinly sliced

Tips:

- **Water and low-fat milk are the most healthful options!**
- Coconut water and limited amounts of 100% fruit juice also have health benefits.
- Consuming regular soda or pop, sports drinks, and other sugary beverages can lead to weight gain and diabetes.
- The American Academy of Pediatrics recommends restricting routine ingestion of sports drinks by children and adolescents.

Resources:

cdc.gov - Beverage Consumption Among High School Students --- United States, 2010 Weekly June 17, 2011 / 60(23);778-780

<https://batonrougeclinic.com/easy-ways-to-make-water-taste-better/>

<https://www.culinaryhill.com/8-infused-water-recipes/>

<https://www.webmd.com/diet/what-to-know-protein-water>

https://www.uptodate.com/contents/dietary-recommendations-for-toddlers-preschool-and-school-age-children?search=teenage%20beverages&source=search_result&selected_title=3~150&usage_type=default&display_rank=3#H17

Ohio AAP PMP
Mobile App

Search Parenting at
Meal and Playtime on Apple
Store or Google Play



App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more



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