Drain your drinks!

Water is essential for life. Throughout our body water is involved in many different functions including temperature regulation, transportation of nutrients, removal of waste products through urine and lubrication of our joints.

Good hydration is vital for our short term health; it can help prevent constipation, kidney stones and urinary tract infections, as well as longer term complications.

Without sufficient water dehydration can occur. Symptoms include tiredness, poor concentration, headaches and dizziness.

There is also evidence that good hydration has a positive impact on cognition and mental function. In children there is some evidence that those who drink extra water perform better in recall and memory tasks.

How much?

6-8 glasses per day is the recommended amount of water needed from drinks each day for primary-aged children. A medium glass is around 200 ml.

Children, aged 4-8 years of age need around 1280 ml of water from drinks each day (= 6 glasses).

Children, aged 9-13 years of age need up to 1680 ml of water from drinks each day (= 8 glasses).

These average figures are based on recommendations from the European Food Safety Authority (EFSA). An individual child's needs will depend on many different factors such as how much exercise they're doing and what the temperature is. Losing water through sweat is how we control our body temperature, but this lost water needs replacing through food and drink.

Hydration and Dental Hygiene

Sugar-sweetened beverages, such as fizzy drinks, milkshakes and fruit squashes, contain acids and sugars which can play a role in tooth decay. Even low calorie / low sugar varieties can still be acidic; the acids from these drinks can attack and erode enamel on teeth. These types of drinks are best limited or avoided by children. Pure fruit juices also contain sugars and acids, so it is best to have these just once a day and only at mealtimes. The best way to protect teeth is to brush them twice a day with a fluoride toothpaste.

Further information:

- www.phunkyfoods.co.uk/parent/drain-your-drinks-parents-information/
- www.nhs.uk/live-well/eat-well/water-drinks-nutrition/
- www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/lower-sugar-drinks-for-kids-stop-tooth-decay

Drain your drinks ...
drink plenty of sugar-free fluids

Pin me up!

6-8 glasses per day is the recommended amount of water needed from drinks each day for primary-aged children. A medium glass is around 200 ml

Drink frequently!

Water – drink plenty. It will keep you hydrated without adding extra sugar or energy.

Drink regularly!

Milk – a useful source of nutrients particularly protein, B vitamins and calcium. Limit milky drinks with added sugars such as hot chocolate and milkshakes – always check the label and choose lower sugar options.

Once a day! Fruit juices and smoothies – provide the body with a range of vitamins and minerals, and fluid. However the fruit sugars naturally present also add energy and increase the risk of tooth decay. Stick to 150ml once a day at meal times.

Sometimes!

Tea and Coffee - contain caffeine which is a stimulant. Caffeine is not suitable for young children. It is best for children to drink decaffeinated tea or coffee with some milk and no added sugars or sweeteners.

Limit!

Sugar-sweetened beverages - (fizzy pop, squashes and 'fruit' drinks) - add unnecessary calories to a child's diet and regular consumption has been linked to weight gain and obesity in children. The sugars, and acids, in these drinks can also play a role in tooth decay. Even low calorie / low sugar varieties can still be acidic; the acids from these drinks can attack and erode enamel on teeth. These types of drinks are best avoided by children.

How much a day?

4-8 years need 1280ml = 6 drinks

9-13 years need 1680ml = 8 drinks

Avoid!

Sports and energy drinks – high levels of caffeine which are not suitable for children.

Encourage good drinking habits through:

- Leading by example – show enjoyment for water throughout the day
- Sticker/ reward charts
- Fun water bottles/cups
- Hydration station – where children can pour their own water whenever they want/need

8 DAILY OCCASIONS TO ENCOURAGE FLUIDS FOR CHILDREN:

1 Before school 2 Morning break 3 Lunch 4 During exercise 5 After-school snack 6 Whilst doing homework 7 During dinner 8 Whilst reading a bedtime story

www.phunkyfoods.co.uk

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