

# Best Drinks For Teens

## Make Smart Choices

### **TEENS NEED WATER**

- Water makes your skin and hair look great
- Water is free
- Water gives your body more power for activities and sports
- Our bodies use up our water supply daily and it has to be replaced (about 55 percent to 75 percent of your total body weight is water)
- Water helps your digestion

### **How much water is needed?**

- At least 8 cups daily
- More than 8 cups if you are exercising

### **TEENS NEED MILK**

- Milk provides calcium
- Calcium makes your bones grow strong and long
- Calcium keeps your teeth strong and healthy
- Bones grow the most between the ages of 11 and 18
- Milk also provides a good source of protein
- Milk helps you achieve a healthy weight

### **Are all milks the same?**

- Skim and low-fat milk have the same amount of calcium but less fat
- Chocolate milk has the same amount of calcium but more sugar
- Lactose reduced milk (Lactaid™) is for people who are lactose intolerant
- Soy milk may be better for people who are allergic to milk protein
- Flavored soy milk may have sugar added

### **How much milk is needed?**

- 3 - 4 cups, low-fat or skim is recommended

### **What about juice, soda and other sweet drinks?**

- Have 8 cups or more of water
- Have 3 - 4 cups of milk
- Limit fruit juice to 1 cup daily
- Avoid sweet drinks:
  - Sweet drinks crowd out the fluids your body really needs
  - Drinks with added sugar are bad for your teeth
  - Sweet drinks may keep you from staying at a healthy weight

### **Helpful Hint:**

- Always carry a water bottle with you and drink up!