

# Fluids

We're going to focus on...

- 1: The importance of fluids
- 2: Which are the healthiest fluids to choose?
- 3: School meals versus packed lunches
- 4: Choosing healthier items for a lunch box
- 5: Reinforcing messages and tips to keep you going
- 6: Using activity cards at home

## We are made of water....

- Your body needs water or other fluids to work properly.
- Water makes up 2/3rds of the weight of a healthy body.

We are  
2/3rds  
Water

## How much should we drink?

To stay healthy it is important to replace the fluid we lose when we breathe, sweat or go to the toilet. We get some fluid from food but most comes from drink.

## How much do we need to drink a day?

This depends on your size, the temperature outside e.g. we have to drink more on a hot day, and how much exercise we are doing – when we sweat we need to replace the fluid we have lost.

If you are dehydrated and have not had enough to drink you will get dark wee, headaches, low energy and feel light-headed.

## What are the healthiest options?

- Try to choose healthier drinks as part of a healthy balanced diet.
- Many soft drinks are high in sugar – high in sugar = high in kcals
- The best choice is water. This is because it has no calories, is freely available, and contains no sugar so will not damage your teeth.
- Low fat milk – above the age of two it is OK for children to change to semi-skimmed milk as long as they are following a varied diet.



KICK. DANCE. JUMP. MOVE.

# Different Types of Drinks



## Juices and smoothies -

these do contain some vitamins – 1 x 150ml glass of juice can count as 1 of your fruit and vegetable portions a day, they can be high in natural fruit sugars however. It may be best to dilute this to ensure that you are not drinking too much.

The sugar in fruit juice can be damaging to teeth, drink this with a meal which will help to protect your teeth.

Try to make sure you choose 100% fruit juice with no added sugar.



**Juice drinks** - e.g. Capri Sun, Sunny Delight may contain only 5% juice and would not count as one of your 5 a day.

## Fizzy drinks and squashes -

these can contain a lot of sugar – where possible try to choose sugar free versions or diet drinks.

Diet fizzy drinks add little to the diet however as they are very low in nutrients they should still be consumed occasionally.

## Drinks Diary

Have a think about your day and what you have had to drink during this day.

Time of day	What I had to drink

## Tea / Coffee and Caffeine -

Tea and coffee contain caffeine which is a stimulant; this is therefore not suitable for toddlers or young children.



## Energy drinks and caffeine -

Energy drinks contain high levels of caffeine, sugar and other chemicals.

They can contain the same amount of caffeine as 2 x cans of cola or a mug of coffee – these are not suitable for children.



## Sports Drinks -

Sports drinks should only be used when doing high level endurance sport for over an hour e.g. running a marathon.

They are no different to any other sugary soft drink which means that they are high in calories and contribute to tooth decay.

## Did you know?

Sugars in whole fruit are less likely to cause tooth decay because the sugar is contained within the structure of the fruit. Once the fruit is juiced or blended the sugars are released.

Are there any changes you could make to your drinks intake to make it healthier?