

## KEEPING ACTIVE CHILDREN HYDRATED

When children are playing and active they may need to be encouraged to drink fluids to quench thirst and stay hydrated.

**Water is the best choice.**

**Other choices: refrigerated milk, fortified soy, almond or rice beverages, and 100% vegetable and/or fruit juices.\***

**\*Limit 100% pure vegetable or fruit juice to ½ cup (125 mL) per day.**

To meet daily calcium and vitamin D requirements to help build strong bones and teeth, low fat milk (skim, 1%, 2%) or fortified soy beverages are recommended in the following amounts:

- ♦ **2 to 8 years = 2 cups (500 mL) daily**
- ♦ **9 to 18 years = at least 2 cups (500 mL) daily**

**Avoid** beverages like pop, iced tea, sports drinks, diet beverages, fruit punches, “drinks” and “ades” (e.g. lemonade).

**Avoid** caffeinated beverages, such as tea, coffee, pop and energy drinks.

### **More on sports drinks:**

Sports drinks have added flavour, carbohydrate – mostly as sugar – and electrolytes, like sodium and potassium. None of these “extras” are required unless activity is vigorous and lasting longer than 1 hour. A meal or snack + water to drink will provide carbohydrate and electrolytes similar to a sports drink, without the extra sugar.

Try providing “watery” foods like watermelon, oranges, cucumber or smoothies after activity, especially if your child finds it difficult to drink plain water.

For more information:

- ♦ Your local [Public Health Unit](#)
- ♦ [Dietitian Services at HealthLink BC](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ♦ [Energy drinks and sports drinks](#) (Caring for Kids)
- ♦ [Sip Smart! BC](#)