

Did you know that:

The best way to check if you are drinking enough is to look at the amount and colour of your urine. If you urinate several times a day and the urine is light yellow, then you are drinking the right amount. Milk is also a good drink, as it contains lots of nutrition. Two or three glasses a day are sufficient.



Why is it so important to drink water?

Water has many important functions in the body. In fact, your body is made up of 70% water. Sweet drinks have an unnecessarily high amount of energy and they are not good for your teeth or your body. Ordinary water is a much better choice!



The IDEFICS study offers five folders aimed at promoting children's health:

Water – the best way to quench your thirst!

Good sleeping habits are important for your child!

Enjoy your time together – television and other screens can wait!

Fruit and vegetables are tasty!

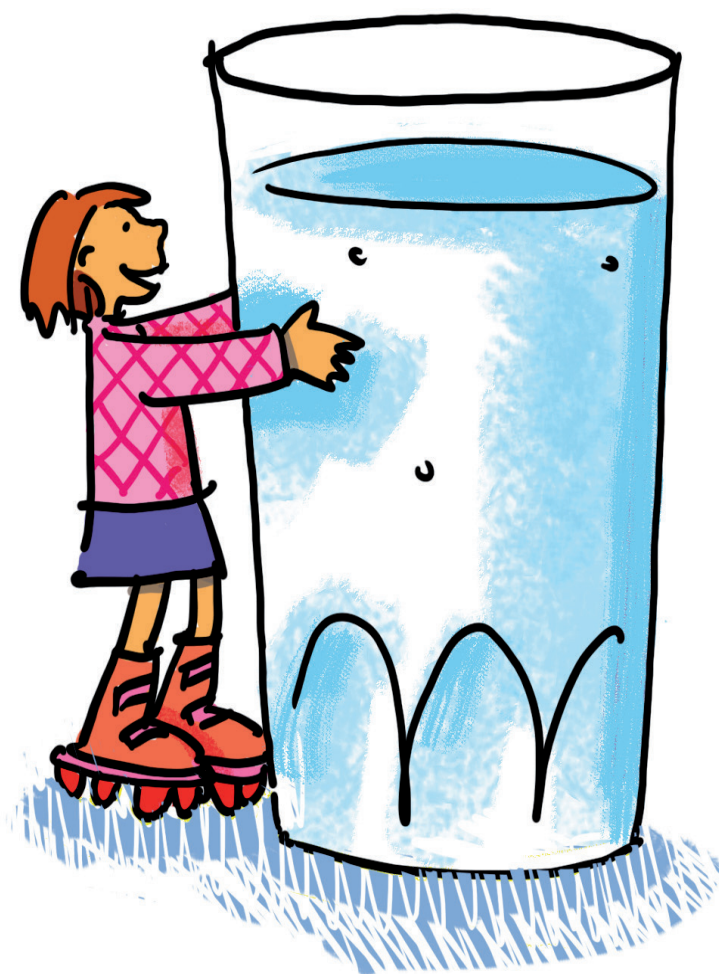
Play and exercise are good for children and adults!

The folders and other material can be downloaded at [www.vgregion.se/obesity decision support](http://www.vgregion.se/obesity%20decision%20support) under the heading brochures/folders. The folders are funded by the Public Health Committee, Region Västra Götaland. They can be ordered at adress.distributionscentrum@vgregion.se.

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Water

– the best way to quench your thirst!



www.ideficsstudy.eu

learning healthy living Partille Municipal Authority
University of Gothenburg, Sahlgrenska Academy
Department of Paediatrics, Public Health Committee
Region Västra Götaland



Five tips on how to encourage children to drink water



Show that you enjoy drinking water

As an adult, drinking water makes you a good role model for your child.



Limit your child's intake of sweet beverages, such as soft drinks, cordial and juice

Limit sweet beverages to special occasions or a maximum of once a week – at the weekend or at a party for example. Fizzy water, flavoured or unflavoured, could be an alternative on more festive occasions.



Offer a child water to quench their thirst

Water is the best thirst quencher and it is a good drink to have with a meal. You should always have water available during and between meals.



Excursions and leisure time

Put water into your child's bag when they go on an excursion or leisure activity. It is much easier for a child if they have their own water personal bottle.



Flavoured water

Test flavoured water with your child. You could use berries, lemon, lime, orange or slices of cucumber.

