

# Kids' bodies work best when hydrated the healthy way—with water!



Drinking water instead of sugary drinks prevents weight gain and type 2 diabetes



Staying hydrated helps children think better



Drinking water instead of sugary drinks helps prevent dental cavities

Kids don't drink enough water. And they drink too many sugary drinks. You can help your kids by serving water at home and asking the places where they learn and play to make water first for thirst.

Learn more at [www.DrinkingWaterAlliance.org](http://www.DrinkingWaterAlliance.org).

