

QUENCH YOUR THIRST WITH WATER.

PUT A LIMIT ON SUGARY BEVERAGES!

Drinks like soda with caffeine and sugar don't replenish the body. They can raise blood sugar quickly, causing a "sugar rush", which can lead to weight gain and diabetes.

- | Juice and sports drinks can have as much sugar as soda.
- | Try to eat whole fruits instead of drinking juice.
- | If you choose to have juice, get 100% juice and limit your intake to 8-12 ounces a day.
- | Dilute your soda or juice with mineral or carbonated water, so you drink less.
- | Drink a glass of water or low fat milk instead.



GOT WATER?

Ever wonder why you need water? Water makes up about 3/4 of our body and we need it to stay healthy. Drink plenty of water (8-10 cups) throughout the day to keep your body running smoothly.

BENEFITS!

- | No calories
- | Healthier looking skin
- | Helps decrease hunger
- | Helps detoxify (cleans the body)



WHAT ABOUT MILK?

Milk has vitamins and minerals that makes strong bones, healthy teeth and boosts your body's ability to fight diseases.

- | Teens should have three 8-ounce cups of milk or other dairy products each day.
- | Make a smoothie using low-fat milk, ice, and your favorite fruits, no added sugar.
- | Milk can be hard to digest and can cause gas. Try lactose-free and lactose-reduced milk or you can buy pills that help you digest lactose.

KEEP IT HANDY, KEEP IT COOL!

- | Keep a water bottle on hand.
- | Drink water when you are thirsty.
- | Flavor your water with fresh fruit, mint, cucumbers, *Crystal Light*™ or simply squeeze some lime or lemon into it!

HOW DO I KNOW I AM DEHYDRATED?

If you feel tired, weak, have a headache, dry mouth, chapped lips or muscle cramps during exercise it may be an indication that you are dehydrated.

EXCERPTS FROM "HOW TO GET HEALTHY IN THE GHETTO"