School-Based Health Centers Wellness Wednesday!



We need to keep our bodies hydrated to stay healthy! During this shutdown, beverage choices may be as important as food choices.

The best choice to quench your thirst and cut down on sugar is water! Water helps the muscles and brain stay hydrated. Even mild dehydration can affect your energy, mood and memory.

So don’t forget to drink enough water, low-fat milk, or low sugar coffee and teas instead of soft drinks like soda, fruit punch and energy drinks.

The US Dietary Guidelines recommends no more than 48 grams (12 teaspoons) of added sugar a day. Check out that nutrition label on your drinks!

For more information about water and drinks go to:

<https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/hard-facts-about-soft-drinks>

<https://www.eatright.org/food/nutrition/healthy-eating/how-much-water-do-you-need>

If you have any questions about food or drinks for our dietitians, call or text the School-Based Health Center at # 302-285-9661.

Healthy drinking can help you stay healthy!