

Healthy Hydration

Make Water Your First Choice!

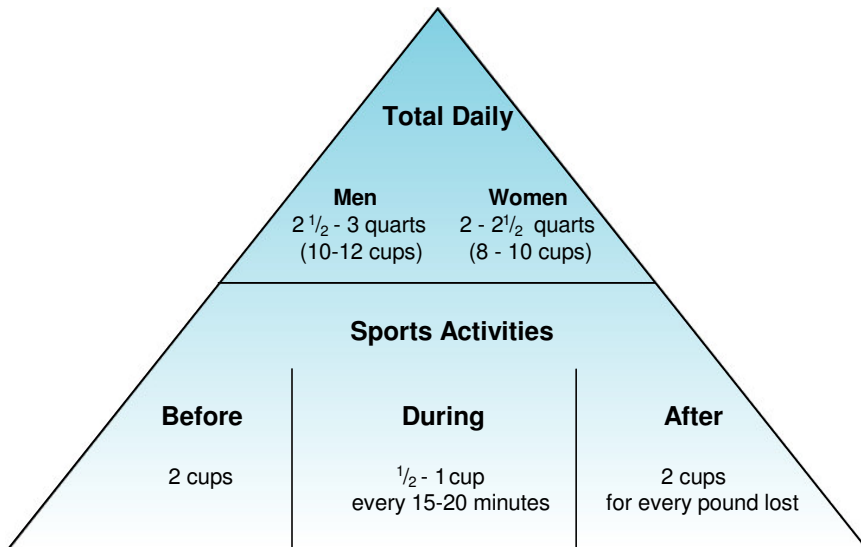


Drinking plain water is the best way to re-hydrate. Sports drinks, soda, fruit juices, punch or powder-based beverages can prevent dehydration, but they contain large amounts of sugar, either sucrose (table sugar), fructose (fruit sugar), or high fructose corn syrup (sugar syrup with *extra* sugar). The sugar in these drinks can interfere with weight control. For example, a 20 oz. sports drink that has about 35 grams of sugar can cancel out the calories burned during a 20 minute run. Sipping these drinks between meals can also cause tooth decay.

- Bacteria in your mouth use the sugar in drinks to make acids. The acids attack your teeth.
- Sodas are very acidic. They can wear down the surfaces of your teeth, causing decay.

Thirst is a signal that your body is already on the way to dehydration.

**Drink water regularly and frequently,
before the signs of thirst appear.**



There is no benefit to drinking anything except plain water during or after exercise that lasts an hour or less.

- Replace of electrolytes such as sodium and potassium after high-intensity exercise that exceeds 1 hour.
- Drink water and eat a small snack containing 120-240 calories from complex carbohydrates.
- Low calorie or sugar-free sports drinks can reduce decay without adding extra calories to your diet.

Consider other options for healthy hydration to reduce your risk of tooth decay:

- Add a small amount of lemon or lime juice to flavor your water.
- Drink skim or low-fat milk.
- Combine sugar-sweetened drinks with meals.
- Drink unsweetened herbal tea.
- Dilute fruit juices to half-strength if you don't drink them during prolonged workouts and competitions.
- Avoid drinking beverages with caffeine or alcohol as these will cause your body to lose water.
- Other foods such as homemade soups and fruit smoothies also provide fluid.

