

## KEEPING ACTIVE CHILDREN HYDRATED

Active children often need to be encouraged to drink to prevent dehydration (not enough water in the body). Water is the best choice to keep children hydrated. Other good choices are milk and fortified soy, almond or rice beverages.

Sports drinks are over-used and are high in sugar and calories. Sports drinks are intended for rehydration for non-stop physical activity lasting longer than one hour. Energy drinks are not recommended for children.

### Keep active children hydrated:

- ◆ Offer water often, especially during activity.
- ◆ Provide water or milk and watery snacks like watermelon, cucumber or smoothies after activity.
- ◆ Avoid or limit juice to 1/2 cup a day.

### Is your child's water bottle safe?

Disposable plastic bottles that are filled with water, pop, sports drinks, etc., should not be reused. Use stainless steel bottles or bisphenol A-free (BPA-Free) plastic bottles that are designed for reuse.

### Reusable water bottles:

Wash water bottles well by hand each day. Dishwasher water does not reach all parts of the inside of the bottle and may not be the best way to clean bottles. Recycle any bottles that show signs of wear such as scratches, dents, or a cloudy, cracked appearance.

For more information:

- ◆ Call HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or visit [www.healthlinkbc.ca/healthyeating/](http://www.healthlinkbc.ca/healthyeating/).
- ◆ What's in a bottle? From Sports Drinks to Vitaminized Water: <http://coach.ca/sport-nutrition-s14783>
- ◆ Sip Smart!: [www.bchealthyliving.ca/node/104](http://www.bchealthyliving.ca/node/104)