

DRINK. MORE. WATER.



Just about everything you eat or drink provides calories. **So why should you care?** Your body needs calories for energy, but too many calories can make you overweight – and a lot of kids' drinks are **loaded with sugar and calories**. Plus, nearly all calories from drinks are "empty" – they don't provide any

nutrients and they don't make you feel full, so you still eat just as much other food. **And those calories add up.** Luckily, there's a great drink that contains no calories, so you can drink as much of it as you want. The name of this miracle drink? **Water. Agua. H₂O.** Yes, the best way to keep your body hydrated, quench your thirst, AND stay healthy is also the simplest way: **reach for water instead.**

the big number

21

On average, Americans get 21% of their daily calories just from stuff they drink!

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

D.T.S.D. FOOD SERVICES