

Keeping Active Kids Hydrated...

so they can perform their best!

Water is the best choice to satisfy thirst BEFORE, DURING and AFTER:

- 💧 light to moderate activities of 90 minutes or less (e.g. baseball, dancing, outdoor play)
- 💧 high intensity activities of 60 minutes or less (e.g. soccer, hockey, biking)

Make water your drink of choice.



Send water in a reusable bottle!

Water hydrates, is natural, healthy, often free, and has no sugar.

Water and unsweetened milks/fortified soy beverages are the healthiest choices for growing kids.

Nowhere to refill? Speak up and ask for access to drinking water.

Tips for Hydration:

- 💧 **Drink water often:** even if you don't feel thirsty.
- 💧 **Keep water cool:** kids will likely drink more.
- 💧 **Eat some water:** most vegetables and fruit contain lots of water.



💧 **Mid or post game snacks:**

- 💧 Snacks are not usually needed during practices and games.
- 💧 If offered, choose whole foods like fruit, vegetables, trail mix (beware of nut allergies), cheese & whole grain crackers, and yogurt tubes.

Limit sugar-sweetened drinks:

- 💧 They have too much sugar and bump out healthy choices.
- 💧 They offer few or no nutrients needed for growth.
- 💧 They are not absorbed well by the body when playing sports.
- 💧 They may lead to cavities.
- 💧 They add a lot of extra sugar to kids' diets.



What about:

100% fruit juice?

- Juice is high in sugar.
- Eating a whole fruit or vegetable provides water, more fibre and sustains you longer than juice.
- Fruit punch/drink/cocktail beverages contain water, flavouring and added sugar. They offer no nutrition.



Sports Drinks?

- Rarely do kids need sports drinks.
- They are high in sugar and salt and do not boost performance.
- Use only if:
 - doing heavy exercise or intense sports for longer than 60 minutes.
 - in hot conditions.



Energy Drinks?

- Energy drinks are high in sugar and caffeine.
- They are not recommended for children and youth.
- Drinking before or during physical activity can cause muscle cramps, increased heart rate and vomiting.



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