

# h-2- knOw

## The Oral Health Benefits of Drinking Water

Hank is 5-years-old and drinks **3-5 glasses of water** each day! His parents make sure to monitor the amount of exercise and diet to determine if he needs to adjust his daily water intake!



AMERICA'S PEDIATRIC DENTISTS  
THE BIG AUTHORITY on little teeth™



**AAPD**  
FOUNDATION™  
Big Love for Little Teeth



Healthy beverage intake is critical in childhood, as beverages can make a significant contribution to dietary intake.



If you have a sweetened drink as a special treat, it's best to have it at mealtime. For snacks, on-the-go drinks or a nap or night-time bottle, choose plain water.



Overconsumption of unhealthy beverages such as soda, sports drinks and even 100% fruit juice can contribute to risk of diet-related chronic diseases, such as obesity, Type 2 diabetes, and tooth decay.



The AAPD-endorsed **Healthy Beverage Consumption in Early Childhood** recommends children have fluoridated, unsweetened and uncarbonated water every day.



### Sources

*Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations: Summary of Oral Health Considerations, September 2019*

*AAPD Policy on Dietary Recommendations for Infants, Children, and Adolescents, 2017*

# h-2-kn0w

## Water, Soda, Juice or Sports Drinks? Which Is Best for Your Child?

When in doubt, say “Go” to H-2-O! Soda and sports drinks contain lots of added sugars. Although fruit is healthy for a balanced diet, 100 percent fruit juice contains lots of natural sugars, which can still contribute to oral health problems per the American Academy of Pediatrics.



**Helen should have water.**



Helen is so thirsty! What is the best option to quench her thirst?



**Water 12 oz**  
0 grams of sugar  
0 calories



**Orange Juice 12 oz**  
28 grams of sugar  
150 calories



**Lemon Lime Soda 12 oz**  
33 grams of sugar  
140 calories



**Grape Sports Drink 12oz**  
21 grams of sugar  
85 calories

Consumption of Sugar-Sweetened Beverages (SSBs) in early childhood has a negative impact on overall dietary intake and healthy outcomes, such as dental caries, obesity, and Type 2 diabetes.

SSBs are the largest source of added sugars in children's diets. It is extremely important to limit your child's exposure to added sugar in early childhood.

**Sources**  
*Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations: Summary of Oral Health Considerations, September 2019*

*AAPD Policy on Dietary Recommendations for Infants, Children, and Adolescents, 2017*

*Heyman MB, Abrams SA. Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. Pediatrics. 2017;139(6):e20170967*

# h-2-kn0w

## How to Convince Your Child to Drink More Water

7-year-old Hannah loves to go out and play with her friends, but does not like coming home and cooling off with a glass of water. Sometimes kids just need a little push!

Hannah's mom came up with the following ideas to help make drinking water more fun! Habits will grow with H-2-O!



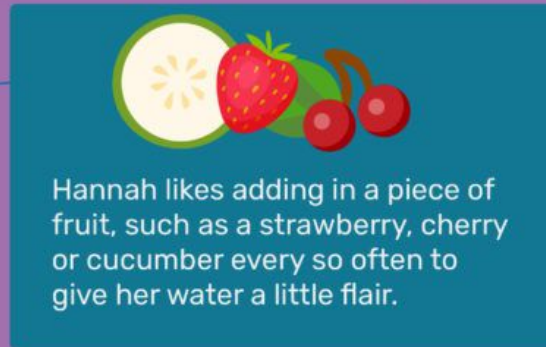
The AAPD-endorsed **Healthy Beverage Consumption in Early Childhood** recommends children have fluoridated, unsweetened and uncarbonated water every day.

Su	M	Tu	W	Th	F	Sa
★	★	★	★	★	★	★
★	★	★	★	★	★	★
★	★	★	★	★		



Hannah was able to go to the store with her mom and pick out her own fun water bottle and straw to use for her water.

Hannah also has a water chart where she gets to add stars to each day when she finishes a glass of water. If she hits her goals for an entire week, her parents let her pick out a healthy treat as a reward.



Hannah likes adding in a piece of fruit, such as a strawberry, cherry or cucumber every so often to give her water a little flair.

A preference for drinking water is learned, just like a preference for sweets. That's why young children and teens often do not crave water as much as other options such as sugar-filled sodas, sports drinks and juice to quench their thirst.

Making water seem more appealing and exciting to children can help prevent dental and other health issues from appearing in the future.

### Sources

*Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations: Summary of Oral Health Considerations, September 2019*

*AAPD Policy on Dietary Recommendations for Infants, Children, and Adolescents, 2017*