



Drink More Water for Better Health



The Department of Health recommends young children aged 2 to 5 should drink at least **4 to 5 glasses** of fluid every day.

Water is the best choice!
(1 glass ≈ 240ml)

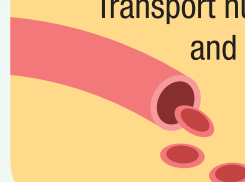
Drinking adequate amount of fluid every day helps to:



Replenish water loss from the body



Regulate body temperature



Transport nutrients and oxygen



Remove waste from the body

Cultivate Good Habit of Drinking More Water in Young Children



Provide water at regular times



Praise and encouragement



Bring a bottle of water for young children when going out so that they can drink water at anytime, anywhere



Replace sugary drinks with water



Be a role model for young children

Choose Fluid Wisely



Choose

1



Water



Lemon water without added sugar



Low-fat or skimmed milk (original flavour)



Calcium-fortified, low-sugar soymilk



Clear soup



Avoid



Sweetened dairy products
e.g. chocolate milk, fruit-flavoured milk



Drinks with a relatively high sugar content
e.g. instant malt drinks, soft drinks



Drinks with artificial sweetener
e.g. low-sugar or sugar-free soft drinks



Drinks with caffeine
e.g. lemon tea, tea, coffee



www.startsmart.gov.hk



Examples of Healthy Drinks



Soup Recipes for Kids



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幼營喜動校園
StartSmart@school.hk

HP
衛生防護中心
Centre for Health Protection

衛生署
Department of Health