

Water Whenever, Milk with Meals!

Water: The Hydration Sensation

- Hydration is a word that means keeping enough fluid inside your body so it functions properly. When you aren't well hydrated, you can experience headaches or serious conditions like a heat stroke. Drinking water is the best way to stay hydrated.
- People with diabetes and other health conditions need to drink *more water* than other people. Certain medications can cause the body to lose more fluid, so take this into account and ask your doctor.
- Water regulates our body temperature, lubricates our joints and acts as a "shock absorber" for the brain. Water helps to deliver oxygen all over the body.



Here's the bonus: Tap water with added fluoride ("fluoridated water") is proven to strengthen the enamel coating on your teeth – making them more resistant to cavities.

Milk Is the King of Calcium

- Milk is filled with nutrients your body needs. The calcium in milk helps to build strong bones and teeth. That's important because most children are not getting enough calcium. And milk is a good source of protein too!
- Milk is fortified with Vitamin D, which is important for many reasons. Vitamin D makes calcium more effective by helping your body absorb as much calcium as it needs. And Vitamin D is also crucial for adults, especially women during pregnancy.

Start a New Habit

- Milk with meals, water whenever. It's a great way to give your body what it needs and keep you and your family healthy.

For more information, visit www.RethinkYourDrinkWV.com



(Sources: American Heart Association, National Institutes of Health, Healthline and Medical News Today)