

# WATER FIRST FOR THIRST!



## Sample Tweets

Use hashtag #WaterFirstForThirst in your tweets to join the conversation on how drinking water first for thirst can prevent overweight and obesity, especially for children.

1. Drinking too much soda, fruit drinks, and other high calorie, high sugar drinks has been linked to overweight and obesity, especially for young children. Choose #WaterFirstForThirst!
2. Sugar sweetened beverages have a lot of calories and are low in vitamins and minerals. Choose #WaterFirstForThirst
3. When children say, "I'm Thirsty," offer water before any other drink. #WaterFirstForThirst
4. Obesity affects 23 million children and teenagers in the U.S. Join the Growing Healthy Kids Columbus Coalition and offer children #WaterFirstForThirst
5. Choose #WaterFirstForThirst. Check out <http://publichealth.columbus.gov/healthy-children-healthy-weights.aspx> for tips!
6. Obesity puts our kids at risk for all types of serious disease like diabetes, heart disease and stroke. Choose #WaterFirstForThirst for healthier kids.
7. Did you know there are 8-12 teaspoons of sugar in one 12 ounce can of soda? When children are thirsty offer water first. #waterfirstforthirst

## Sample Facebook Posts

1. Water first for thirst. Drinking too much soda, fruit drinks, and other high calorie, high sugar drinks has been linked to overweight and obesity, especially for young children. When a child says "I'm thirsty", offer water before any other drink.
2. Water first for thirst. Sugar sweetened beverages have a lot of calories and are low in vitamins and minerals. Choose water first for thirst and offer unflavored fat free or 1% milk with meals.
3. Water first for thirst, but milk is important too. Breast milk is the best milk for babies through their first year. Babies should not drink cow's milk until they are 12 months old. Choose whole milk for children 12-24 months old and 1% or fat free milk for children 2 years and older.
4. When children say, "I'm Thirsty," offer water before any other drink.
5. Obesity affects 23 million children and teenagers in the U.S. Choose Water First for Thirst.
6. Choose Water First For Thirst. Check out <http://publichealth.columbus.gov/healthy-children-healthy-weights.aspx> for tips!
7. Water first for thirst. If you offer children 100% fruit juice, serve children 6 months to 3 years old less than ½ cup per day and no more than ¾ cup per day for children 3 years and older.
8. Water first for thirst. Overweight and obesity puts children at risk for serious diseases like diabetes, heart disease and stroke.
9. Water first for thirst. Did you know that a 12 ounce can of regular soda can have 10 teaspoons of sugar or even more? When children are thirsty offer water first.