

WATER FIRST FOR THIRST!



Sample Newsletter Articles

Extended (Word Count = 196)

Water First for Thirst

Choose water first for thirst! Water is the original sports drink. With no sugar, fat, calories or cholesterol, water is good for the body. It helps keep skin, muscles, and the digestive system healthy. Drinking plenty of water may even help you lose weight, manage stress and give you an energy boost. When you think, “I’m thirsty,” choose water before any other drink. With all the health benefits of water, it is easy to see why choosing water over sugary drinks is good for your health. Did you know that a 12 ounce can of regular soda may have as much as 10 teaspoons of sugar or even more? Sugar sweetened beverages have a lot of calories and are low in vitamins and minerals. Drinking too much soda, fruit drinks, and other high calorie, high sugar drinks has been linked to overweight and obesity, especially for young children. Obesity affects 23 million children and teenagers in the U.S. and puts children at risk for serious diseases like diabetes, heart disease and stroke. What can you do? Always choose and offer water first, especially when serving children. Check out [insert your web page] for tips!

Abbreviated (Word Count = 98)

Water First for Thirst

Choose water first for thirst! Water is the original sports drink with no sugar, fat, calories or cholesterol. It helps keep your skin, muscles, and digestive system healthy. When you think, “I’m thirsty,” choose water before any other drink. Sugar sweetened beverages have a lot of calories and are low in vitamins and minerals. Drinking too much soda, fruit drinks, and other high calorie, high sugar drinks has been linked to overweight and obesity, especially for young children. Always choose and offer water first, especially when serving children! Check out [insert your web page] for tips!