

Why is Water Best?

- Water has no calories, no sugar, and no fat.
- Tap water in New York City is healthy and free.
- Drinking more water can help with headaches, dry skin, constipation, and thirst.

What about Juice?

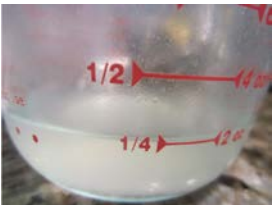
- Juice has a lot of sugar. Even 100% apple juice (16-ounce bottle) naturally has 11 teaspoons of sugar.
- Whole fruit fills you up and is healthier than juice.
- It is always best to eat a piece of fruit instead of drinking fruit juice.

Easy Tips to Drink More Water and Less Sugar

(Check once you have tried each of the following):

- Make water fun with a slice of lemon, lime, orange, or cucumber.
- Make spritzers by mixing a small amount of 100% juice and seltzer water.
- Order tap water instead of soda at restaurants.
- Serve tap water with meals.
- Keep bottles of tap water in the fridge instead of soda and juice.
- Carry a water bottle and refill it during the day.
- If you buy juice, check the nutrition label and make sure it is 100% juice.

Recommended Amount of Juice Each Day

Age	Amount of Juice Per Day
0 months – 1 yr.	No Juice!
1 – 5 yrs.	No more than ¼-½ cup of 100% fruit juice per day
	 <p>¼ of a cup of liquid</p>
6 yrs. and older	No more than 1½ cups of 100% fruit juice per day

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.