

HEALTHY HYDRATION

FOR TEENAGERS

WATER

Water is a good choice throughout the day because it hydrates without provide extra calories nor harm teeth.



**DRINK
A LOT**

TEA, COFFEE OR HOT DRINKS

They provide some nutrients (if milk or fortified vegetable alternatives are added) and some contain caffeine*. To limit calories, drink without sugar or syrups and with skimmed milk.



**DRINK ACCORDING
TO YOUR
PREFERENCE**

MILK

It is a useful source of nutrients, including calcium, iodine, B vitamins, and protein. Older children should choose low-fat varieties.



**DRINKS
REGULARLY**
but chooses light versions

DRINKS WITHOUT ADDED SUGAR

They provide fluids without extra calories. Beverages such as soft drinks light and diluted syrups can be acidic, harming the teeth.



**DRINK WITH
MODERATION**

JUICES AND FRUIT AND VEGETABLE

They provide some vitamins and minerals. A small glass (150 ml) counts as a maximum of 5 servings DAILY. However, they also contain sugars and can be acidic, which can harm the teeth, so it is best to consume them with a meal.



ONE PER DAY

SUGARY DRINKS

They provide liquids, but contain calories from sugars, usually without other nutrients, and can be acidic. Both sugar and acidity can be harmful to teeth. Some they also contain caffeine*.



LIMITS

SPORTS DRINKS

They are usually only needed if you train at a high intensity for more than an hour. They can have a lot of sugar.



**ONLY IF
REQUIRED**

ENERGY DRINKS

May have a lot of sugar and high levels of caffeine* and others stimulants. They are not a good choice for children under 18 years old.



LIMITS

