



Guide to Healthy Drinking

Getting enough to drink is not generally a problem for most people, according to recent research undertaken for the U.S. National Academy of Sciences in collaboration with Health Canada. Guided by thirst, most people get enough fluid in their food and beverages throughout the day to stay hydrated.

- Children and adults can meet their requirements for fluid by drinking a variety of liquids such as milk, 100% juice, sports drinks and water.
- All beverages count toward fluid intake.
- Increased physical activity or exposure to a hot environment, require an increase in fluid intake.
- *Canada's Food Guide to Healthy Eating* recommends two servings of milk a day for toddlers, 2-3 servings a day for children 4-8 years old. Adults need 2-4 servings of milk a day.
- As children become teenagers, their bones are growing more quickly than at any other point in their life. For this reason, they need 3-4 servings of milk per day according to the *Guide*.
- Pregnant, lactating and post-menopausal women require 3-4 servings of milk per day.
- In Canada, 80 per cent of girls and 60 per cent of boys 8-18 years old are not meeting their calcium requirements.
- There has been an increase in the number of forearm fractures in adolescents over the last 30 years. Children who avoid milk are more likely to experience forearm fractures.
- Milk gives children energy and the 15 essential nutrients they need for healthy growth and development, including calcium which is key to strong bones throughout life and protect against osteoporosis in later life.
- Milk consumed between meals is one of the few drinks that is safe for teeth.
- Those who drink milk are leaner and taller than those who do not, according to research out of New Zealand (Black) and Tennessee (Carruthers).

- 3-4 servings of milk products significantly accelerates weight and fat loss, according to 2003 research published in the American Journal for Clinical Nutrition.
- Two U.S. studies found that adolescent girls who consume two or more servings of milk products a day had a substantial increase in lean body mass.
- Flavoured milks such, as strawberry, banana, chocolate and vanilla, provide the same essential calcium, vitamins and minerals as white milk does.
- Children who drink flavoured milk tend to drink more milk.
- Milk is an excellent source of hydration as it is 87 per cent water.

Healthy drinking looks like this:

Age	Sex	Cups of fluid/day	Cups of milk/day
^S 1-3	Both	4 cups	2 cups
4-8	Both	5 cups	2-3 cups
9-13	Boys	8 cups	3-4 cups
9-13	Girls	7 cups	3-4 cups
14-18	Boys	11 cups	3-4 cups
14-18	Girls	8 cups	3-4 cups
19-50	Men	13 cups	2-4 cups
19-50	Women	9 cups	2-4 cups
Pregnant	19-30 years	10 cups	3-4 cups

To get children to drink more milk:

Mix it up. Serve a variety of flavoured milks to increase your child’s interest.

Mix ’n’ Match. Use flavoured milk to create a variety of delicious smoothies. Try vanilla milk with blueberries, strawberries or cereal, chocolate milk with bananas and banana milk with strawberries.

Make Polka Dots. Make ice cubes out of flavoured milk and add them to white milk to make fun polka dotted drinks that will stay cold.

Serve it cold. A 2002 study showed children were more likely to choose milk or flavoured milk products when they were served cold.

Let thirst and HEALTH be your guide.

Offer your children a healthy drink every time they are thirsty and at each meal or snack.