ORAL FITNESS FACT SHEET

# Healthy Hydration

## Make Water Your First Choice!

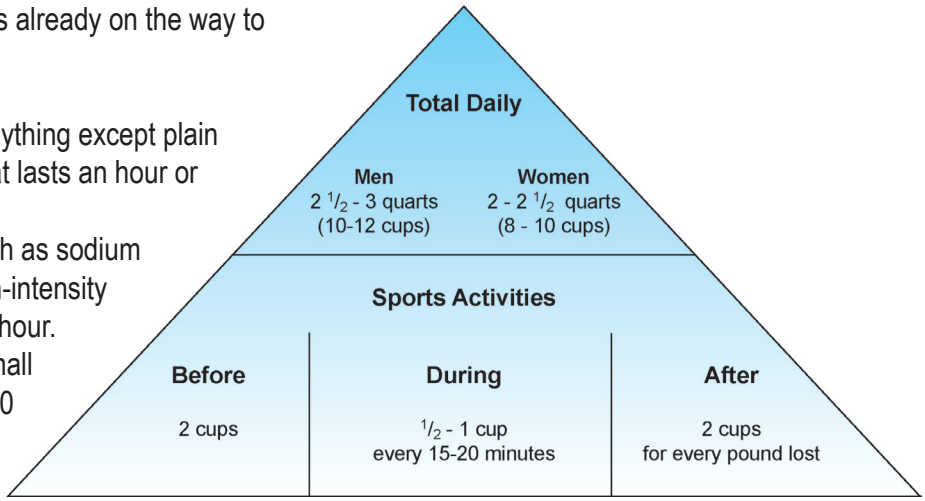
Drinking plain water is the best way to re-hydrate. Sports drinks, soda, fruit juices, punch, or powder-based beverages can prevent dehydration, but they contain large amounts of sugar, either sucrose (table sugar), fructose (fruit sugar), or high fructose corn syrup (sugar syrup with ***extra*** sugar). The sugar in these drinks can interfere with weight control. For example, a 20 oz. sports drink that has about 35 grams of sugar can cancel out the calories burned during a 20 minute run. Sipping these drinks between meals can also cause tooth decay.

- Bacteria in your mouth use the sugar in drinks to make acids. The acids attack your teeth.
- Sodas are very acidic. They can wear down the surfaces of your teeth, causing decay.

Thirst is a signal that your body is already on the way to dehydration.

There is no benefit to drinking anything except plain water during or after exercise that lasts an hour or less.

- Replace electrolytes such as sodium and potassium after high-intensity exercise that exceeds 1 hour.
- Drink water and eat a small snack containing 120-240 calories from complex carbohydrates.
- Low calorie or sugar-free sports drinks can reduce decay without adding extra calories to your diet.




**Drink water regularly and frequently, before the signs of thirst appear.**

Consider other options for healthy hydration to reduce your risk of tooth decay:

- Add a small amount of lemon or lime juice to flavor your water.
- Drink skim or low-fat milk.
- Combine sugar-sweetened drinks with meals.
- Drink unsweetened herbal tea.
- Dilute fruit juices to half-strength if you don't drink them during prolonged workouts and competitions.
- Avoid drinking beverages with caffeine or alcohol as these will cause your body to lose water.
- Other foods such as homemade soups and fruit smoothies also provide fluid.

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