

Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#103 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

NYC Water Get Your Fill

Zero calories

Healthy

Delicious

Zero sugar

Clean



Drink More Water

1. Drink a glass every morning.

It helps you wake up and get ready for the day.

2. Drink a glass with each meal.

Drinking water with (or a half-hour before) a meal will help keep you from overeating.

3. Keep a refillable bottle of water with you.

Refills are available at the nearest water fountain or sink.

4. Drink extra water when you feel thirsty.

When you start feeling thirsty, your body needs water fast. Drink a little extra so you won't feel thirsty as quickly.

5. Drink water when you exercise.

To prevent dehydration, drink water before you start physical activity. Drink more after you've finished.

6. Drink water to keep cool.

It works when it's hot or humid.

7. Drink water with your snack.

It will help you eat less.

Great with
a twist

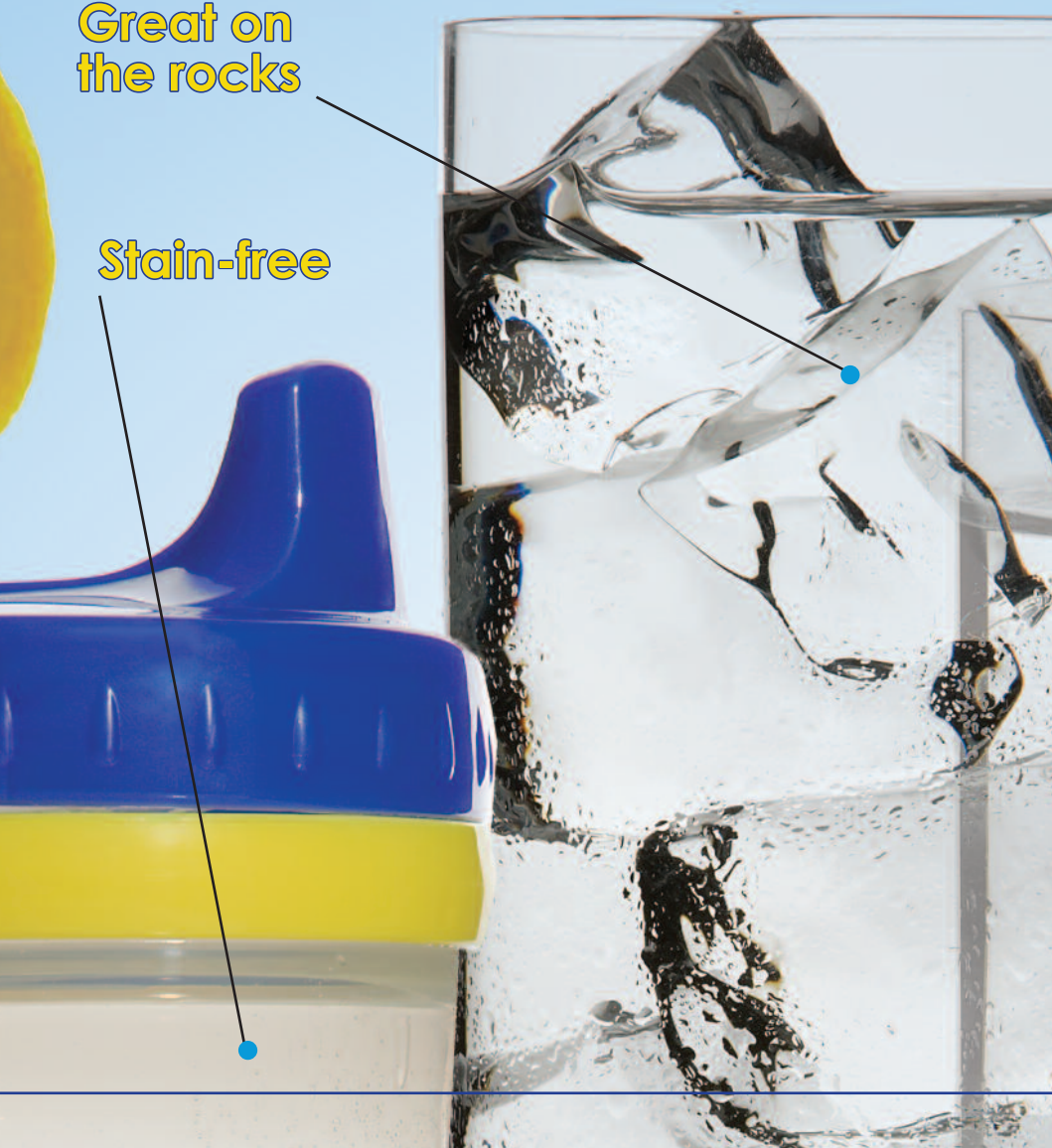


Water Compared to Other Drinks

- **Sugary drinks.** No contest! *(See the chart.)*
- **Sugar-free (diet) sodas** are calorie-free, but water is better for quenching your thirst.
- **Coffee** and **tea** are fine – but only if you don't load up on sugar. Drink them straight ("black"), or try low-fat creamers and zero-calorie sweeteners.
- **Sports drinks** often have as many calories as sugary drinks, and most contain sodium. Water is a better choice.
- **Fruit juice** is a healthier choice than sugary drinks, but it's loaded with calories. Fresh whole fruit is better – it has fiber, which juice lacks. Young children should not drink more than 4 ounces of fruit juice a day. When they're thirsty, they should drink milk or water instead.
- **Milk** is an excellent choice, too. To help prevent weight gain, almost everyone over age 2 should drink non-fat or 1% instead of whole milk.

Great on
the rocks

Stain-free



NYC Water

- Some kids who have grown up around bottled water get the (false) impression that NYC tap water is not good.
- Some people who have moved to NYC from parts of the world where the water is unsafe assume that NYC tap water can't be trusted.
- *Not true!* NYC water is clean, safe and (many people say) the best-tasting anywhere – tap or bottled.

Great on the go

Great straight up

More Information

- **New York City Department of Health and Mental Hygiene:** visit nyc.gov/health or call 311
- **New York City Department of Environmental Protection:** visit nyc.gov/dep or call 311

**CALL
311**

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For all Health Bulletins, visit nyc.gov and search for **Health Bulletins**.

For a free email subscription, visit nyc.gov/health/email.



NYC water is clean, safe and delicious.

- Only five U.S. cities have water so clean and fresh that most of it doesn't need filtration. New York City is one of them!
- NYC water tastes as good as bottled water, or better — at a fraction of the price.

Drinking water is healthy.

- It helps you lose weight.
- It prevents kidney stones and urinary infections.
- It helps make you more alert.



0 calories per 12 ounces

0 sugar per 12 ounces

Helps prevent cavities

Costs less than a penny per 12 ounces – and you can often get it free!

Sodium-free

0 calories = no weight gain

150 calories per 12 ounces

9 spoonfuls of sugar in 12 ounces

Contributes to tooth decay, especially in kids and teens

Costs about \$1.00 per 12 ounces

Contains sodium, which contributes to high blood pressure

- 1 sugary drink a day = 150 extra calories a day = 15 pounds of weight gain a year
- 2 sugary drinks a day = 30 pounds of weight gain a year
- 3 sugary drinks a day... you get the idea!

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New York City Department of Health and Mental Hygiene

Gotham Center, 42-09 28th Street

L.I.C., New York 11101-4134

Bill de Blasio, Mayor

Mary T. Bassett, MD, MPH, Commissioner



Get Your Fill

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