



*Welcome to our monthly Newsletter...*

## Hydration for Kids!

Keeping hydrated is really important in order for our bodies to work properly. Kids are often at greater risk of becoming dehydrated because they're less effective at perspiring. Particularly through the summer months it is essential for parents to be not just aware of the nutritional requirements of our children but more importantly **their hydration needs**.

Hydration is important for children of all ages particularly through the heat of summer. Water is the choice for hydration, as it contains no kilojoules and won't make you thirstier. Some drinks, like milk, soy drinks and fresh fruit juice also provide vitamins and nutrients that growing children need.

### **Hydration Tips for Children**

Children may need a little extra attention to make sure they get enough fluids. When it comes to encouraging children to drink more, try these tips:

- Offer children a drink before they head out to play, and regularly call them in for drink breaks.
- Water is the preferred choice but if you struggle to get your child to drink try adding a little flavour by including a slice of lemon or a sprig of mint.
- Try freezing your fresh fruit juice into ice cubes and add a block to the drinking water to make it tasty.
- Many foods have higher water content such as oranges, watermelon, celery, lettuce, grapefruit, grapes and cucumbers and can contribute to total fluid intake. Try and add these foods to their lunch boxes or have them simply cut up ready for snacks in the fridge.
- Serve drinks at a moderate temperature; this helps children to drink more. Too cold children drink less fluid.
- Always pack drinks in your children's backpacks and lunchboxes when they head off to school or other activities
- If, occasionally, your children drink sugar-sweetened drinks, always go for small portion sizes or dilute well with water

If your child's weight and activity level are a concern, it's important to balance the energy (kilojoules) they consume through food and drink with the energy they use up through being active.

Take a family – team approach to help your child develop healthy habits including being physically active and eating a well-balanced diet.

- Consider which drinks you can offer at breakfast time. Try nourishing drinks like milk or soy milk.
- Always have a jug of water on the dinner table and let your kids see you drinking from it.
- Remember to offer appropriate portion size for children as too much fluids particularly high in calories will affect food and nutrient intake and could contribute to excess kilojoules leading to weight problems.

Drink ideas for kids:

- Only buy soft drinks and other sugary drinks occasionally
- Dilute cordial drinks more than usual
- Use small glasses for sugary drinks
- Carry a bottle of water with you at all times for when children become thirsty
- Offer milk or soy based drinks for the added benefit of protein and calcium for growing bones.
- Offer fruit, not fruit juice too often. People often see fruit juice as “healthy” and yes it can provide a rich source of Vitamin C and antioxidants but also can be high in kilojoules and teeth acid wear has been associated with excess juice consumption. Children can also lose their appetite to consuming foods at meal times if drinking a lot of juice.

Beware of:

### **Sports and energy drinks**

Despite sports and energy drinks being made to make the most of hydration particularly during or after sport or physical activity, they can also contain many additives including caffeine and stimulants and caution may need to be taken with kids due to the caffeine content.

Some sports drinks are formulated to provide a good source of carbohydrate and electrolytes for active bodies but children will only benefit if they are active and utilize these drinks as part of their training and competition regimen. If your child is not active try limiting these drinks.

References:

1. Booth ML, Wake M, Armstrong T, et al. The epidemiology of overweight and obesity among Australian children and adolescents, 1995-1997. *Aust N Z J Public Health* 2001; 25: 162-169

## DESIGNER DIETS RECIPE OF THE MONTH

### Banana and Milo Smoothie

Serves 2

Preparation time 5 minutes

#### Ingredients:

- 2 cups skim milk
- 1 banana, roughly chopped
- 2 tablespoons low fat natural yoghurt
- $\frac{1}{4}$  cup Nestle Milo
- 5 ice cubes



#### Directions:

1. Combine all ingredients in a blender until thick and creamy. Pour into individual serving glasses. If desired, sprinkle with extra Milo.

Warm regards,

Geraldine Georgeou, Marianne Ghattas and the Designer Diet Team