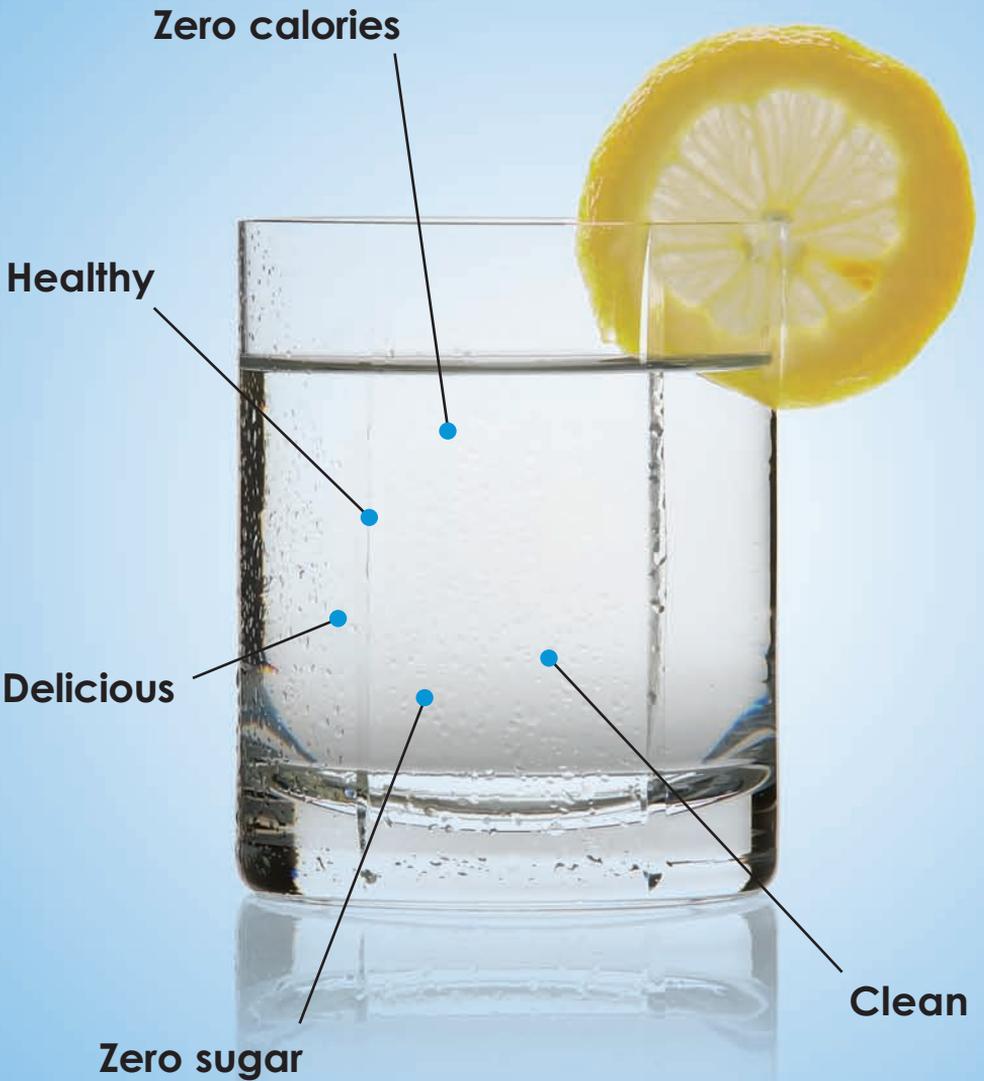




#52 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

## NYC Water Get Your Fill



- Available in Spanish and Chinese: call 311 or visit [nyc.gov/health](http://nyc.gov/health)
- Disponible en español: llame al 311 o visite [nyc.gov/health](http://nyc.gov/health)
- 需要中文服務 - 可電 311 或造訪網址: [nyc.gov/health](http://nyc.gov/health)

# Tips to Help You Drink More Water

**1. Drink a glass of water 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 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. If it's hot or humid, drink water to keep cool.**

It works!

**7. Drink water with your snack.**

It will help you eat less.

**Great with  
a twist**

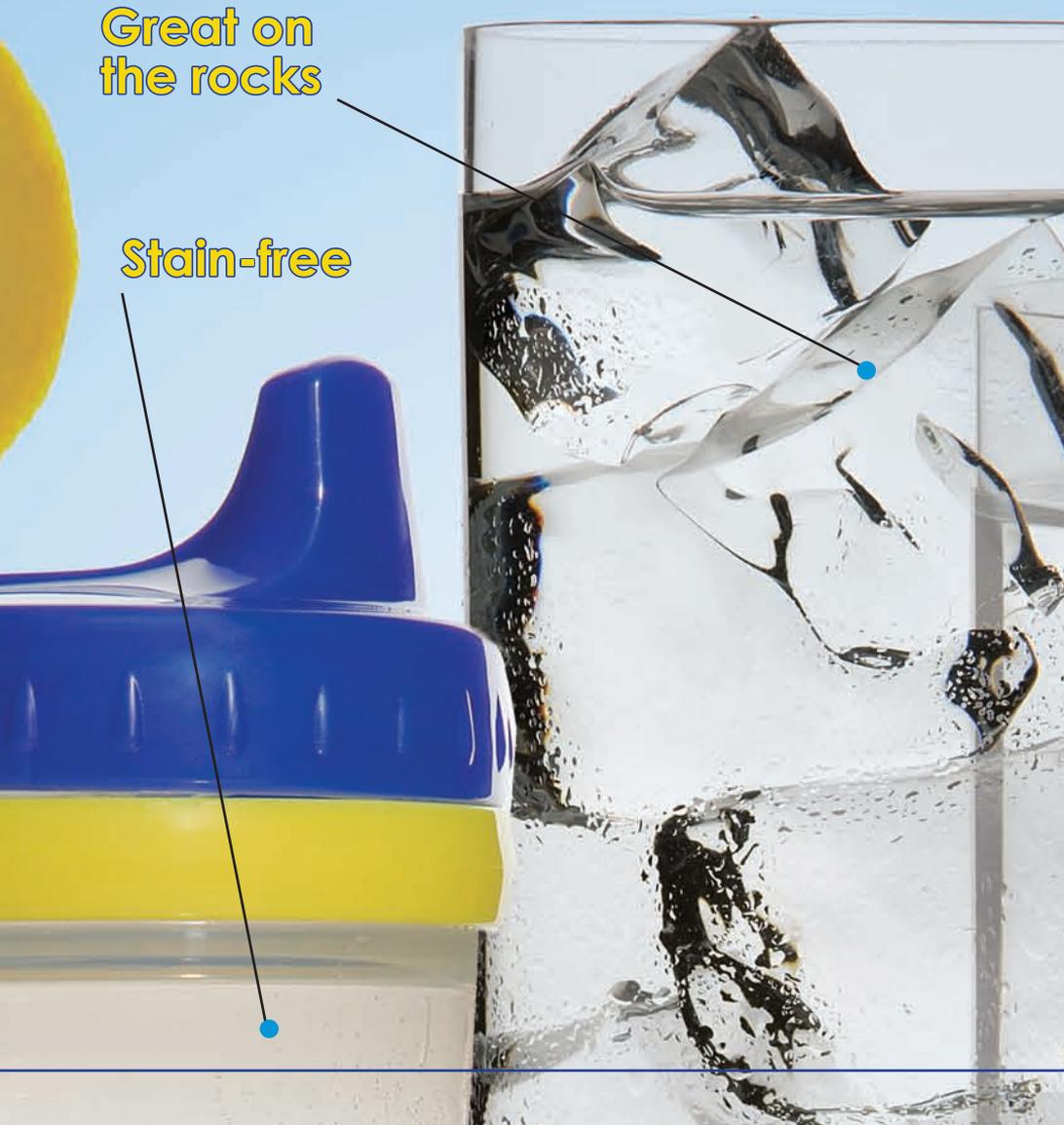


# Water Compared to Other Drinks

- **Sugared sodas.** 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 sugared sodas, and most contain sodium. Water is a better choice.
- **Fruit juice** is a healthier choice than sugared sodas, but it's loaded with calories. Fresh whole fruit is better – it has fiber, which juice lacks. Young children should not drink more than 6 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 no 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](http://nyc.gov/health) or call 311
- **New York City Department of Environmental Protection:** visit [nyc.gov/dep](http://nyc.gov/dep) or call 311

**DIAL  
311**

### For copies of any Health Bulletin

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For a postal subscription, e-mail your name and address to [healthcml@health.nyc.gov](mailto:healthcml@health.nyc.gov)



## ***NYC water is clean and delicious.***

- Only five U.S. cities have water so clean and fresh that it doesn't need filtration. New York City is one of them!
- NYC water tastes as good as bottled water, or better — at a tiny 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 2 cents per 12 ounces – and you can often get it free!**

**Sodium-free**

**0 calories = no weight gain**

**150 calories per 12 ounces**

**9 teaspoons of sugar per 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 soda a day = 150 extra calories a day = 15 pounds of weight gain a year**

**• 2 sodas a day = 30 pounds of weight gain a year**

**• 3 sodas a day... you get the idea!**

VOLUME 6, NUMBER 6



# Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

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**Get Your Fill**

**DIAL  
311**

**For Non-Emergency New York City Services  
Telephone Interpretation in More Than 170 Languages**