

# NYC Tap Water

Clean, Free, and Good for You



**NYC**  
Health

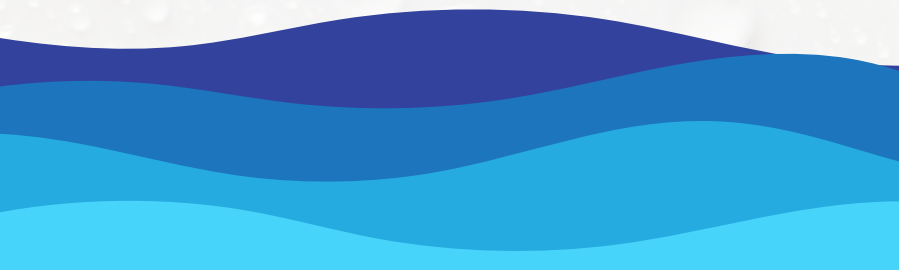
# How Does NYC Tap Water Compare With Other Drinks?

- 💧 Sugary drinks are much less healthy than water — see the chart to the right to learn more.
- 💧 Sugar-free and diet sodas are calorie-free, but water is still better for satisfying your thirst.
- 💧 Coffee and tea are OK to drink if you do not add sugar. Drink coffee or tea without milk or creamers, or try low-fat creamers.
- 💧 Sports drinks often have as many calories as sugary drinks such as sodas. Most contain sodium, which is not healthy in high amounts. Water is a better choice.
- 💧 Fruit juice is a healthier choice than sugary drinks such as soda, but fruit juice is high in calories. Instead, add fresh, whole fruit to water — fruit has fiber, which juice does not have.

Tip: Children should not drink more than 4 ounces of fruit juice per day.

- 💧 Milk is a good choice too.

Tip: When choosing milk, stay alert for any allergies to different kinds of milk.



# NYC Tap Water Is Good for Your Body

- 💧 If you drink water instead of beverages with calories such as soda or juice, you will consume less sugar, which may help you lower your weight and improve your blood pressure.
- 💧 Drinking water keeps your urinary system hydrated and flowing. This prevents kidney stones as well as urinary tract and bladder infections.
- 💧 Drinking water keeps your joints lubricated and cushioned to help you move more easily.
- 💧 Some beverages, such as coffee or tea, can make you dehydrated. Drinking water keeps you hydrated, which can make you more alert and less drowsy.

## NYC Tap Water Is Easy To Find and Drink

- 💧 It is great to fill up on water straight from the tap — you do not need to filter it.
- 💧 It is good to drink water when you are active, such as on your way to school, work, or home.





## NYC Tap Water

Zero calories per 12 ounces (oz). Zero calories means it does not cause weight gain.

Zero teaspoons of sugar per 12 oz

Helps prevent tooth decay (cavities)

Costs less than one penny per 12 oz. You can often get tap water for free.

Sodium-free

## Sugary Sodas

150 calories per 12 oz. Just one sugary drink per day can mean 10 pounds of weight gain per year.

9 teaspoons of sugar per 12 oz

Contributes to tooth decay, especially in infants, children, and teens

Costs about \$1.50 per 12 oz

Contains sodium, which contributes to high blood pressure



# Drink More NYC Tap Water

**Drink a glass of water every morning.** This will help you wake up and start the day.

**Drink a glass of water with each meal or snack.** Drinking water with, or 30 minutes before, a meal or snack will help keep you from overeating. If you feel hungry, try drinking water first before eating. Sometimes if you feel hungry, it is actually because you are thirsty.

**Keep a refillable bottle of water with you.** Refill it at the nearest water fountain or sink.

**Drink extra water when you feel thirsty.** When you are thirsty, your body needs more water. When you drink water, try to drink a little more water than you think you need so you will not feel thirsty as often.

**Drink water when you move around.** To prevent dehydration, drink water before and after you are physically active.

**Drink water to keep cool.** Drinking water helps keep your body temperature lower when it is hot or humid.

**Drink water instead of sugary drinks.** Add fruit for some healthy flavor, or choose seltzer if you want a fizzy drink.



For information about avoiding sugary drinks and choosing healthier options, including flavor-infused water recipes, visit **nyc.gov/health** and search for **sugary drinks**.

For information about NYC's water supply, visit **nyc.gov/dep** and search for **drinking water**.

