WATER FIRST FOR THEIR THIRST!

Experts recommend that children (over age 1 year) drink water when thirsty.

Some drinks call themselves "a water beverage," but they often have added sugar and diet sweeteners. Check the ingredients list on the Nutrition Facts!

THESE DRINKS ARE NOT WATER:

CONTAINS:
- High fructose corn syrup
- Diet sweetener (Sucralose)

CONTAINS:
- Added sugar

CONTAINS:
- Added sugar
- Diet sweetener (Stevia)