Drink Water!

How can I tell if I am not drinking enough?

If your body does not have enough water you are dehydrated. This can make you feel unwell.

Lack of water (dehydration) can make you:

- Feel tired
- Have dry skin and eyes
- Have bad breath
- Have headaches
- Not do your best at sports
- Have dark, strong urine

Aim to drink 6–8 glasses of fresh water every day.
What should I drink between meals?

**Water** is the best drink to have between meals.

**Water is very good to drink because:**

- It is totally safe for teeth
- It does not contain any sugar or acid
- It is easily absorbed by your body

Does it matter what I drink?

**YES** – Many drinks contain sugar and/or acid which are both bad for your teeth.

**SUGAR**

Sugar causes a soft sticky film to form on your teeth called plaque. Bacteria live in plaque and when you have sweet drinks they turn the sugar to acid. This acid then eats into your teeth and makes them go rotten. Most soft drinks contain lots of sugar.

**ACID**

Drinks that contain acid are also harmful to your teeth. Drinks containing acid include fruit juices and squashes, soft drinks and colas.

The acid can cause your teeth to dissolve, and this will make them painful when you eat hot or cold foods.