



JUNE 2022 | UBC ACTIVE KIDS

June Newsletter

# BEAT THE SUMMER HEAT BY STAYING HYDRATED

With summer just around the corner and children starting to spend more time in the outdoors, it is a good time to remind parents and caregivers of hydration recommendations for their children.

## DO CHILDREN NEED SPORTS/ ENERGY DRINKS?

You have probably seen energy drinks and sports drinks on grocery shelves, marketed towards people searching for a means of hydrating and staying energized during high intensity sports. Since a lot of these products are high in caffeine and simple sugars, it is not recommended to use them as a means of hydrating children, even on hot days or during activity.

Energy drinks can contain 40 to upwards of 100mg of caffeine per serving. Since children are much smaller than adults, less caffeine will have a greater effect on them. Researchers are not sure how caffeine affects the development of children’s cardiovascular and nervous systems, but high doses can be toxic.

### MAXIMUM RECOMMENDED DAILY INTAKE OF CAFFEINE BY HEALTH CANADA

Age	Caffeine
4-6 yrs	45mg/day
7-9 yrs	62.5mg/day
10-12 yrs	85mg/day
13-18 yrs	2.5mg/kg BW

\*BW = body weight

\*\*A 355ml can of cola contains 35mg of caffeine, and 250ml cup of coffee 100mg

## HYDRATION RECOMMENDATIONS FOR CHILDREN

### WATER COCKTAILS

**Directions:**

Combine the following ingredient pairings in a glass of water or involve children in the kitchen by having them pick out their own fruit, herb and vegetable mix. Try muddling or chopping ingredients for better release of flavour. Add a little carbonated water for extra fizz.

**Ingredients:**

- Blackberries + mint
- Cucumber + strawberries
- Basil + raspberries
- Apple + cinnamon sticks
- Pear + a drop of vanilla extract
- Orange + lemon slices
- Pomegranate seeds + grapefruit



See more at [garlicandzest.com](http://garlicandzest.com)



**Water** is the recommended drink of choice for children, with Health Canada suggesting children aged **1-3yrs** consume **5cups/day** and **4-8yrs** drink **7cups/day** of fluids. This includes water from beverages and foods. Often parents and caregivers struggle to keep their children interested in drinking plain water. Apart from offering children plenty of water, try these strategies for encouraging hydration:

- Use a fun cup or twirly straw
- Add ice to water
- Offer milk or yogurt, both of which are high in water
- Offer fruits and vegetables with high water contents such as cucumbers, melons, oranges, peppers, tomatoes and zucchinis
- Make homemade popsicles
- Make a water cocktail using these recipes