

Health Hints

The Truth about Vitamin Water



As the hot summer weather comes on it's important to stay hydrated. Many people are choosing the new 'Vitamin Waters' to quench their thirst, but is it a good choice? Here are a few reasons why you might want to think twice before reaching for vitamin supplemented 'water':

- Many types of Vitamin Water could more accurately be named 'fortified sugar water' as they can contain as much as 8 teaspoons of sugar per bottle.
- They are fortified with mainly water-soluble vitamins (e.g. vitamin C & B vitamins), which most people can get in adequate amounts from their diet.
- Adding vitamins to sugar water does not make a health food product. It's more about marketing than your health.
- Vitamin water is expensive – most cost \$2.00 for a 591 ml (20 oz) bottle.

The bottom line: Vitamins are best consumed from whole foods, like fresh fruits and vegetables, and water is the best drink to stay hydrated in the summer heat.

Live 5-2-1-0



Enjoy - FIVE or more
vegetables & fruits every day



Power down - no more than
TWO hours of screen time a day



Play actively - at least
ONE hour each day



Choose healthy - ZERO
sugar-sweetened drinks

More information for families and schools about Live 5-2-1-0 is available at:
<http://www.live5210.ca/> Click the
"Resources & Tools" tab



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