

## TIP SHEET: TEENS & YOUNG ADULTS CHOOSE WATER

You've probably heard that you should drink 8 glasses of water a day. For teens and young adults, this guideline is a great first step for making positive oral health choices that improve overall health.

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### What's the Big Deal About Water?

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**Our bodies are made up of more than 60% water.** But why?

Here's what water does for our health.<sup>3</sup>

- Distributes nutrients and oxygen throughout the body
- Gets rid of excess waste
- Gives skin a healthy glow
- Keeps muscles moving
- Cools the body to prevent overheating

Lack of water (dehydration) is the **number one cause** of daytime fatigue, and causes headaches, crankiness and poor concentration.<sup>1 4</sup>

These effects are especially felt in growing teens, who often have busy lives where days last from early morning to late night.



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### How Does Drinking Water Improve Oral Health?

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There are many reasons why water is the drink of choice for a healthy lifestyle and especially for good oral health care. **Drinking water throughout the day helps keep you cavity-free as fluoridated water protects teeth against cavities.**<sup>2</sup> Water helps to dilute the acids produced by the bacteria in your mouth (phosphoric, citrus or malic acid) and washes away sugar, additives and residue that can cause cavity-causing bacteria.<sup>2 4</sup>

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### Tips for Drinking Water

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- Add ice to enhance the flavor
- Add a slice of lemon, lime or cucumber, or a squeeze of orange
- Add a splash of 100% juice
- Try flavored seltzer
- Carry a water bottle to sip throughout the day and at practice

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### Oral Health for Teens & Young Adults

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Oral Health America's *Campaign for Teen & Young Adult Oral Health* strives to equip teens with the tools they need to make better decisions and ultimately have improved oral and overall health outcomes. Find out how to help teens to make healthy choices at [oralhealthamerica.org/teens](https://oralhealthamerica.org/teens)

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<sup>1</sup> American Dental Association. <https://ada.org/3048.aspx>

<sup>2</sup> "4 Reasons Water is the Best Beverage for Your Teeth." American Dental Association. [mouthHealthy.org](https://www.mouthhealthy.org)

<sup>3</sup> "Guidelines for Healthy Food and Beverages for Adolescent Health Programs." ACT for Youth Center of Excellence. [https://www.health.ny.gov/prevention/nutrition/resources/docs/adolescent\\_food\\_guidelines.pdf](https://www.health.ny.gov/prevention/nutrition/resources/docs/adolescent_food_guidelines.pdf)

<sup>4</sup> "Drinks for Hydration." Healthy Kids. [www.healthykids.nsw.gov.au/lids-teens/stats-and-facts-teens/teens-nutrition/drinks-for-hydration.aspx](https://www.healthykids.nsw.gov.au/lids-teens/stats-and-facts-teens/teens-nutrition/drinks-for-hydration.aspx)