Potter the Otter Loves to Drink Water

旁特水獺愛喝水

rethink YOUR DRINK

Potter the Otter's Tips:

1. Drink water when you are thirsty
2. Limit 100% juice to 4-6 oz. per day
3. Serve water or lowfat milk at meals and snack times

旁特小提示:

1. 口渴時,就喝水
2. 一天不喝超過4-6盎司的純果汁
3. 正餐與點心時間提供水或低脂牛奶

Be A Role Model By:

- Drinking water
- Participating in exercise/ physical activity time
- Serving water or lowfat milk at meals and snack times
- Rewarding kids with non-food items

從自己做起:

- 喝水
- 參與各種運動及體育活動
- 正餐與點心時間提供水或低脂牛奶
- 不以食物來獎勵孩子

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

這份文件是由隸屬於加州公共衛生部之健康加州網絡所提供。經費來源是美國農業部保助營養計劃(其前身為食物卷補助計劃)。這些組織提供平等就業機會亦是公平雇主。加州*CalFresh*幫助低收入的加州居民與營養飲食。加入*CalFresh*請電*1-877-847-3663*。若想知道些其他重要的營養資料，請瀏覽*www.cachampionsforchange.net*。

First 5 Santa Clara offers more tips from Potter the Otter and his friends at www.potterloveswater.com

關於更多旁特水獺與他朋友們的小提醒,請至*Santa Clara*五年機構*(First 5)*網站*: www.potterloveswater.com*。

CHAMPIONS for CHANGE Network for a Healthy California
CDPH California Department of PublicHealth
rethink YOUR DRINK
FIRST 5 SANTA CLARA COUNTY
Santa Clara County PUBLIC HEALTH
KAISER PERMANENTE

BRO-238/Ver. 09/13