

Healthy Kids Community Challenge: Take Charge of You and Your Family's Health

Webinar Q&A

1. **Q:** You mentioned something about this earlier in your presentation but for kids who are actively playing sports, what are your thoughts on products like Gatorade etc? Are they helpful in any way or just empty sugar calories?

A: That's a good question – if there's any benefit at all... I think the healthier choice is water and fruits and vegetables. This is the input that I have been getting from registered dietitians and the Ministry of Health is that water is always the better choice.

2. **Q:** Water is boring! What can I do to make it taste better to get my family to drink more of it? Or is there a way to get more water by eating certain foods.

A: I have heard that many times. Thank you to whoever out there asked this question. The Health Unit actually has water recipes right on their website that you can use to flavor your water. For instance things like strawberries or other vegetables and fruit. You can access these on the website. They are really very popular. There is definitely opportunity to add flavour to it.