

# Water, water everywhere

Llamas don't drink as much water as some animals their size. You're a lot smaller than a llama, but you need plenty of water to stay healthy. Water is great for quenching your thirst when you're on an adventure. Did you know water is also great for your teeth?



Water protects your smile by washing away leftover food that's stuck to your teeth.

That's mighty good news! If food sticks around on your teeth too long, it could cause cavities.



Water comes to the rescue when you are thirsty.

You get thirsty when your mouth is dry. If it gets dry too often, you might get cavities.



Water has no cavity-causing sugar.

No kidding! Many sodas, juices and sports drinks are full of sugar.



Some water from the faucet has a mineral called fluoride.

Fluoride makes teeth stronger and helps you fight cavities. Hooray for fluoride!



Water makes up  
**60%**  
OF YOUR BODY!<sup>1</sup>

You should drink  
**5-8 cups**  
OF WATER EVERY DAY.<sup>2</sup>

<sup>1</sup>U.S. Geological Survey  
<sup>2</sup>Healthline