



MAKE A GOOD CHOICE: RETHINK YOUR DRINK

LIMIT:

- Alcoholic beverages
- Carbonated beverages
- Juice drinks, punches, aides
- Sport drinks, energy drinks
- Sweet tea
- Flavored coffees

CHOOSE MORE:

- Water
- 1% or fat-free milk
- Unsweetened beverages

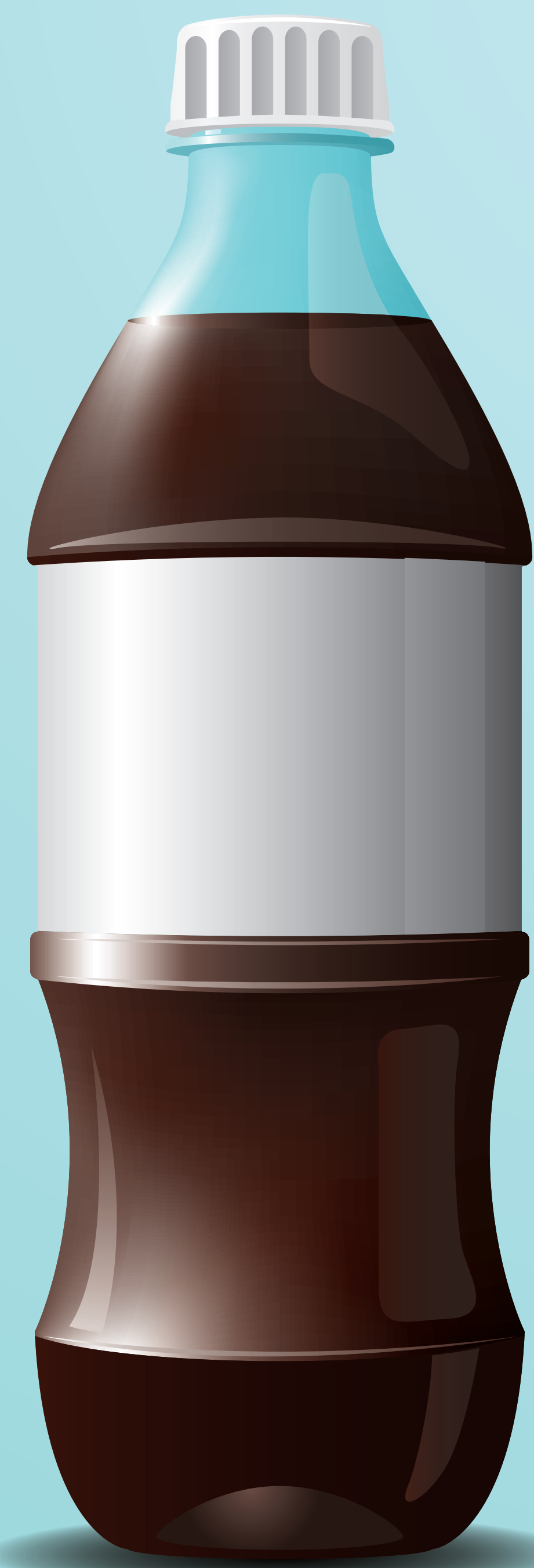
Choosing more water and 1% or fat-free milk will reduce your risk of being overweight and developing diseases such as type 2 diabetes and heart problems.



LIMIT SODA

Calories: 240
in 20 ounces
Contains over 16 tsp
of added sugar
Not a good source of
vitamins or minerals

LIMIT SERVINGS



LESS 100% JUICE

Calories: 60
in 4 ounces
Good source of
vitamin C and
potassium

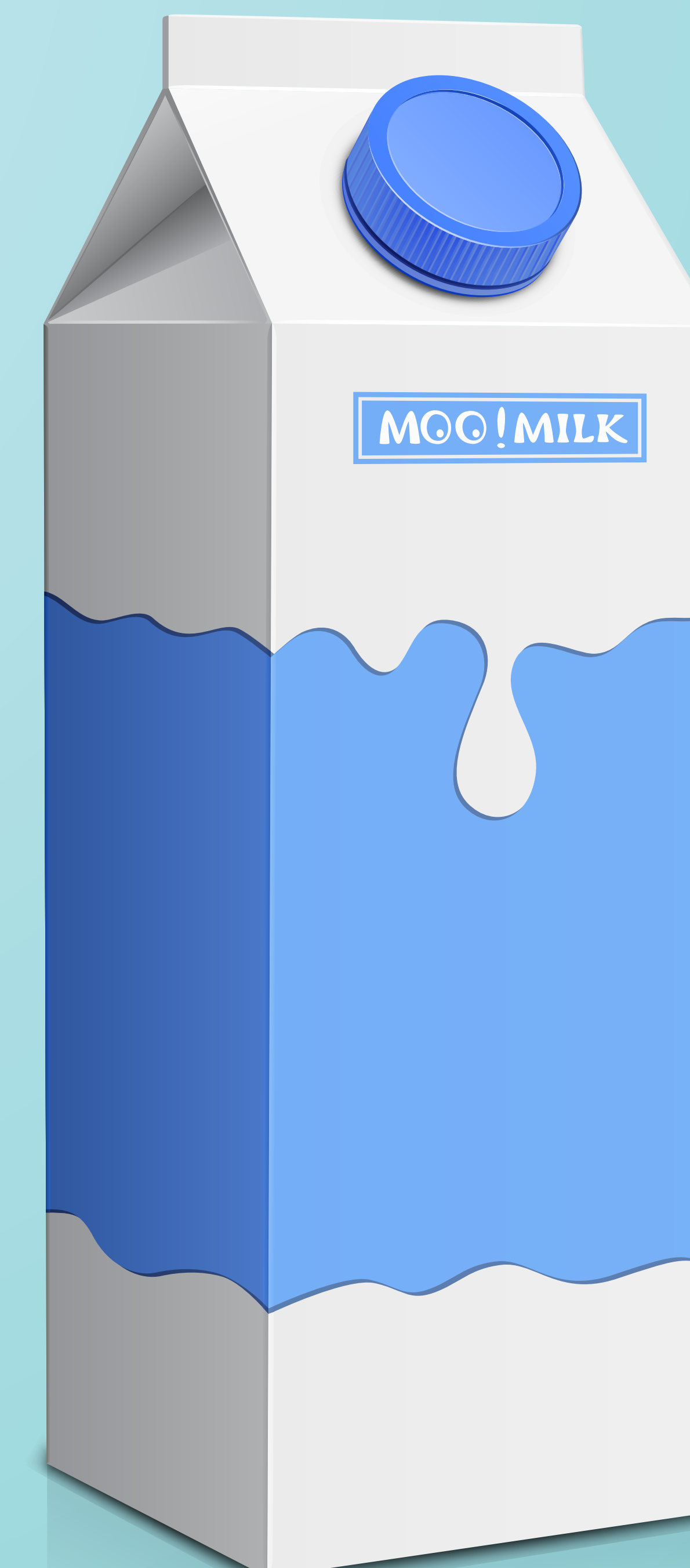
ONLY 4 TO 6 OUNCES DAILY



MORE 1% OR FAT-FREE MILK

Calories: 90
Good source of
calcium, vitamin D,
potassium, and
protein

3 CUPS DAILY



MORE WATER

Calories: 0
Helps keep
you hydrated

AT LEAST 64 OUNCES DAILY (8 CUPS)

