

THINK ABOUT DRINKS

LIMIT:

- **Alcoholic beverages**
- **Carbonated beverages**
- **Juice drinks**
- **Sport drinks**
- **Sweet teas**

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 type 2 diabetes.

i **choices**
Wellness is a Lifestyle

LIMIT SODA

Calories: 190
Contains over 10 tsp. of added sugar
Not a good source of vitamins or minerals

LIMIT SERVINGS



LESS 100% JUICE

Calories: 110
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, and protein

3 CUPS DAILY



MORE WATER

Calories: 0
Help keeps you hydrated

AT LEAST 8-8 OUNCES DAILY

