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.

ALABAMA OBESITY TASK FORCE

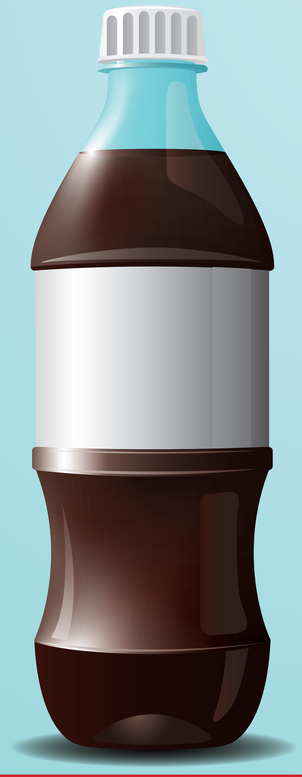
LIMIT SODA

Calories: 240 in 20 ounces

Contains over 16 tsp of added sugar

Not a good source of vitamins or minerals

LIMIT SERVINGS

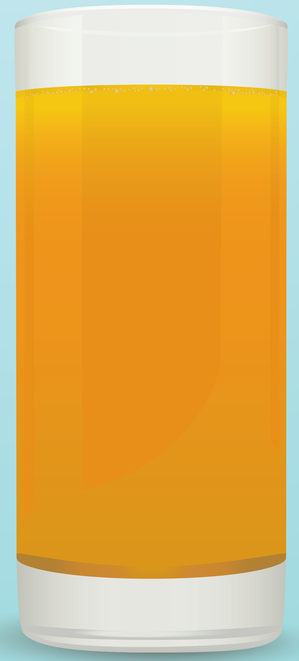


LESS 100% JUICE

Calories: 60 in 4 ounces

Good source of vitamin C and potassium

ONLY 4 TO 6 OUNCES DAILY

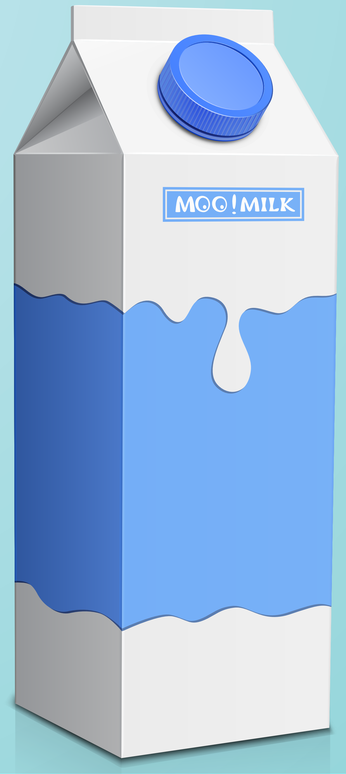


MORE 1% OR FAT-FREE MILK

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)

