

# Beverages: Make Every Sip Count

## When Choosing Drinks, Ask:

**How can I make every sip count?** Drink natural, nutrient-packed beverages like milk, 100% juices and water to boost your nutrition.

**Did I drink 2-3 cups of milk today?** If not, drink low-fat or fat-free milk to build strong teeth and bones.

**Am I thirsty?** Choose water to stay hydrated without adding extra calories. Use tap water and add ice cubes to save money. Add flavor with sliced fruit or cucumber.

**What if I don't like the taste of tap water?** Leave water overnight in an open container. Chlorine evaporates so water tastes better.

**What should I do with the large drink from a meal combo at fast food restaurants?** Substitute low-fat or fat-free milk, water or split a drink with family.



## What's in Your Drink? Read the Label

### Find the serving size.

One container isn't always one serving. This container has 3 servings. Drinking the whole container is 510 calories!

### Limit added sugars.

### Read ingredients.

Milk or 100% juice should be listed first.

| Nutrition Facts             |       |                      |
|-----------------------------|-------|----------------------|
| Serving Size 8 fl oz (245g) |       |                      |
| Servings Per Container 3    |       |                      |
| Amount Per Serving          |       |                      |
| <b>Calories</b>             | 170   | Calories from Fat 20 |
| %Daily Value*               |       |                      |
| <b>Total Fat</b>            | 2.5g  | 4 %                  |
| Saturated Fat               | 1.5g  | 8 %                  |
| Trans Fat                   | 0g    | 0 %                  |
| <b>Cholesterol</b>          | 5mg   | 2 %                  |
| <b>Sodium</b>               | 190mg | 8 %                  |
| <b>Total Carbohydrate</b>   | 29g   | 10 %                 |
| Dietary Fiber               | 1g    | 5 %                  |
| Sugars                      | 27g   |                      |
| <b>Protein</b>              | 8g    |                      |
| Vitamin A                   | 10%   | Vitamin C 6%         |
| Calcium                     | 30%   | Iron 4%              |

\* Percent Daily Values are based on a 2,000 calorie diet.



## What Size Is Your Drink?

**This glass is the actual size of one cup, or 8 ounces.**

Compare your cup here. Then check your label to see how much you are drinking.

| Choose Most Often         | Drink Less Often                            |
|---------------------------|---|
| Water                     | Soda  |
| Milk: Low-fat or fat-free | Sports drinks, energy drinks                |
| 100% juice                | Fruit-drinks                                |
| Unsweetened beverages     | Sweetened teas, coffees and other beverages |
| I Will Drink More:        | I Will Drink Less:                          |
|                           |   |
|                           |   |

