



# 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!

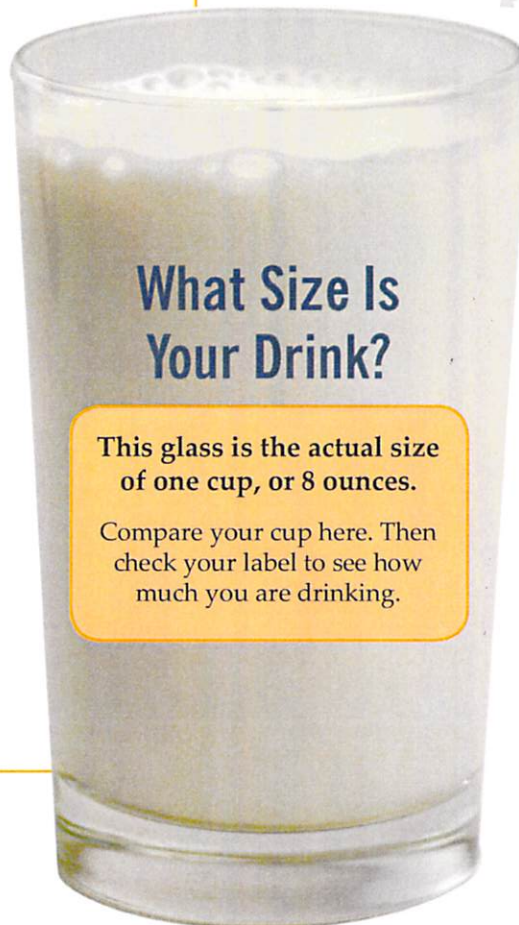
### Limit added sugars.

### Read ingredients.

Milk or 100% juice should be listed first.

## Nutrition Facts

Serving Size 8 fl oz (245g)		Servings Per Container 3	
<b>Amount Per Serving</b>			
<b>Calories</b>	170	<b>Calories from Fat</b>	20
		%Daily Value*	
<b>Total Fat</b>	2.5g		4%
<b>Saturated Fat</b>	1.5g		8%
<b>Trans Fat</b>	0g		0%
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	190mg		8%
<b>Total Carbohydrate</b>	29g		10%
<b>Dietary Fiber</b>	1g		5%
<b>Sugars</b>	27g		
<b>Protein</b>	8g		
<b>Vitamin A</b>	10%	<b>Vitamin C</b>	6%
<b>Calcium</b>	30%	<b>Iron</b>	4%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>			



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

