



# 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

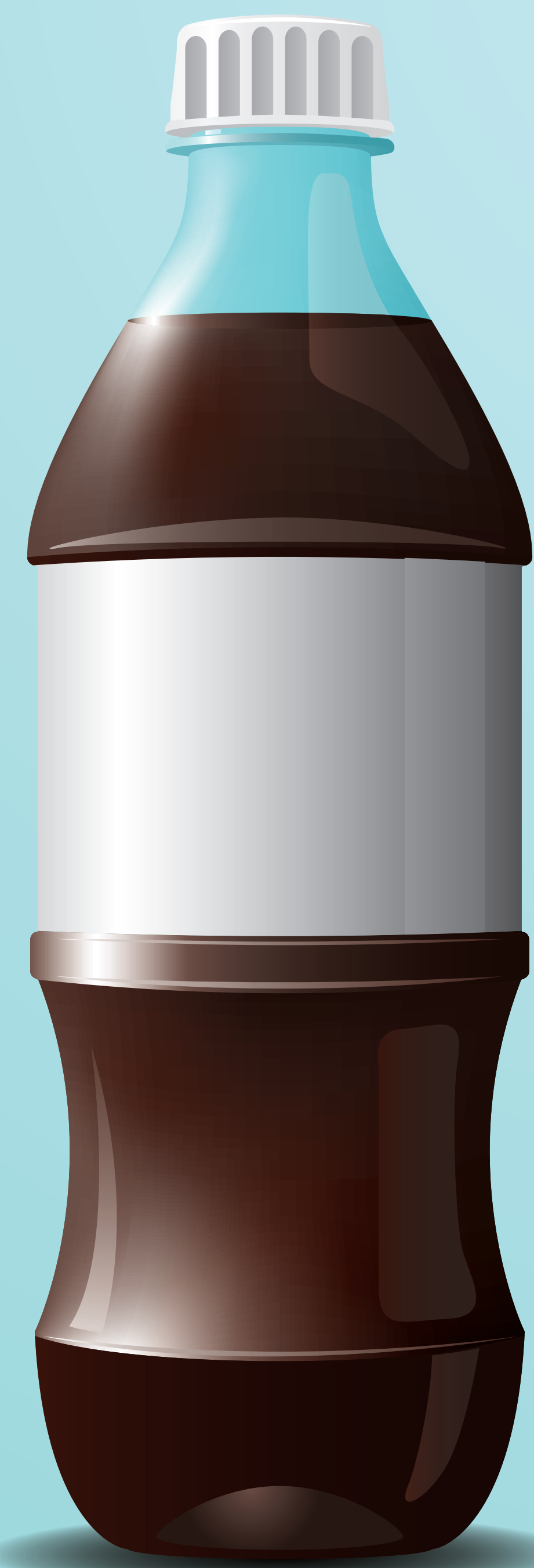
Choosing more water and 1% or fat-free milk will reduce your risk of being overweight and developing diseases such as type 2 diabetes and heart problems.



### 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

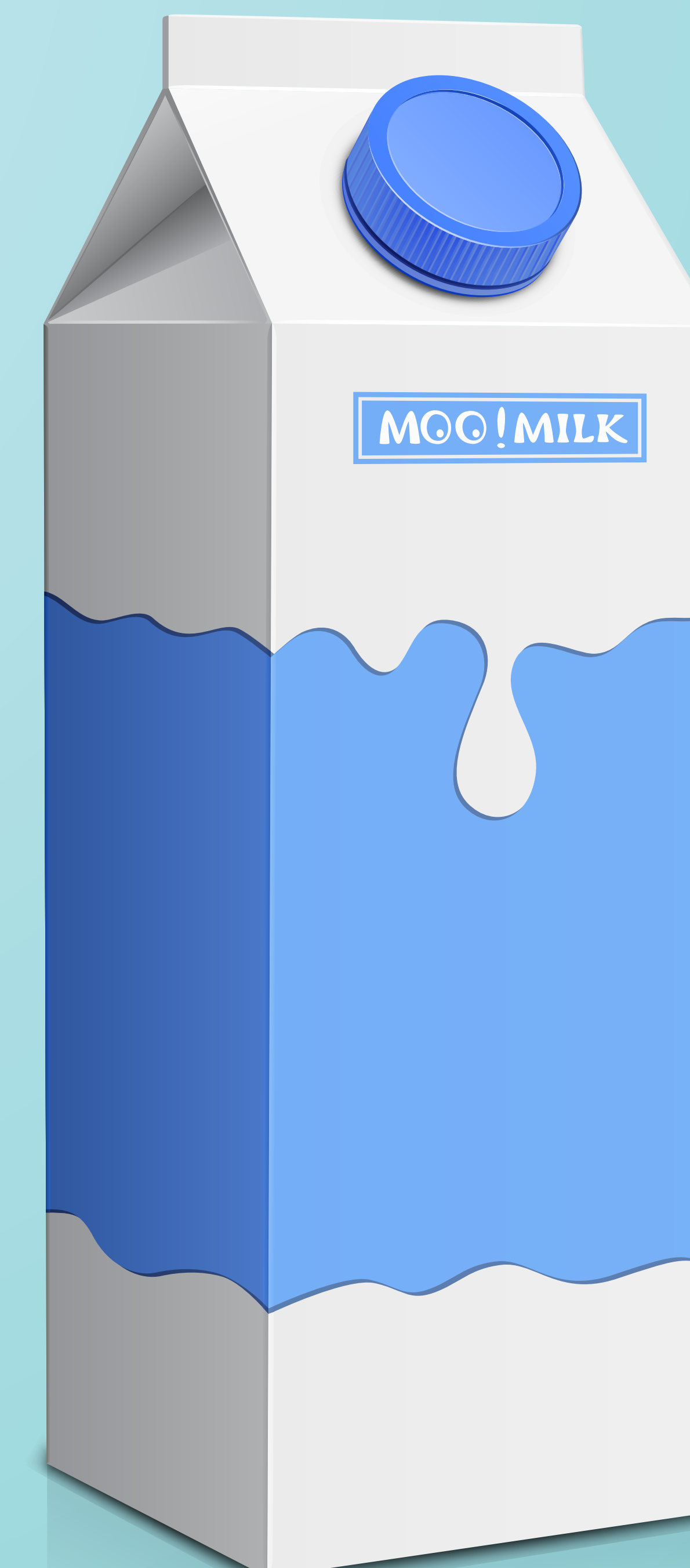
#### ONLY 4 TO 6 OUNCES DAILY



### MORE 1% OR FAT-FREE MILK

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

#### 3 CUPS DAILY



### MORE WATER

Calories: 0  
Help keeps  
you hydrated

#### AT LEAST 64 OUNCES DAILY (8 CUPS)

