

rethink YOUR DRINK



Choose Health. Drink Water.

**What Do You Drink?
It Makes More Difference Than You Think!**

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories beverages can contribute to their daily intake.

The good news is you have plenty of options for reducing the number of calories in what you drink.

CHOOSE SUGARY DRINKS LESS OFTEN BECAUSE...

Poor Nutrient Content: Drinks with added sugar calories lack nutrients that other healthier drink choices provide.

Overweight and Obesity: Drinks with added sugar add extra calories with little nutrition that can lead to weight gain. Being overweight and/or obese increases your risk of high blood pressure, heart disease, cancer, stroke, and type 2 diabetes.

Caffeine: Some soft drinks and energy drinks have caffeine that can cause you to be cranky, nervous, have trouble sleeping, and a rapid heartbeat.

Tooth Decay: Drinking a lot of sugary drinks can lead to tooth decay and cavities. Even diet drinks contain acid that can cause tooth decay.

Osteoporosis: Drinks with added sugar often replace nutritious choices such as milk, which can lead to not getting enough nutrients like Vitamin D and calcium. A diet low in these vitamins and minerals can lead to the development of osteoporosis, a decrease in bone density.

Drinking fluids provide you with water to maintain your blood, muscles, body fat, and even your bones! 55-75% of your body is made up of water and without it, you could only live a few days.



The average person eats almost 68 pounds of sugar a year—that's about a fifth of a pound of sugar a day!

MAKE SMART DRINK CHOICES



When reading a nutrition label, look for the following added sugar names to know what you're drinking:

Nutrition Facts

Serving Size: 1 bottle (20 oz)

Serving Per Container: 1

Amount Per Serving

Calories 275

		% Daily Value*
Total Fat	0 g	0%
Sodium	175 mg	7%
Total Carbohydrate	78 g	26%
Sugars	65 g	
Protein	0 g	

INGREDIENTS: WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, ASCORBIC ACID.

- High-Fructose Corn Syrup
- Fruit Juice Concentrates
- Brown Sugar
- Corn Sweetener
- Sucrose
- Corn Syrup
- Dextrose
- Molasses
- Glucose
- Syrup
- Lactose
- Honey
- Malt Syrup
- Maltose

DRINK MORE WATER

- Drink 6-8 glasses (48-64 ounces) of water each day. In warm weather or when you are physically active, drink more water.
- When you are thirsty, think water first!
- When eating out, order water instead of high-calorie drinks
- Water is usually FREE!
- Don't stock the fridge with sugar-sweetened drinks. Instead, keep bottles of cold water in the fridge.

Not everyone likes the taste of plain water. Here are some suggestions for some other low-calorie options:

- Add a splash of 100% juice
- Drink carbonated water
- Add slices of lemon, lime, or cucumber

DRINK MORE LOW-FAT OR FAT FREE MILK

DRINK 100% JUICE (IN LIMITED AMOUNTS)

DRINK FEWER SUGAR SWEETEND DRINKS

STOP, THINK, DRINK

STOP: Next time you choose a drink, stop and take time to “Rethink Your Drink” and decide whether it's the best choice.

THINK: Choose a drink low in sugar, low in calories, and without caffeine to best fuel your body.

DRINK: Now, all you have to do is ENJOY your good drink decision!

