

# Beverages: Make Every Sip Count

## When Choosing Drinks, Ask:

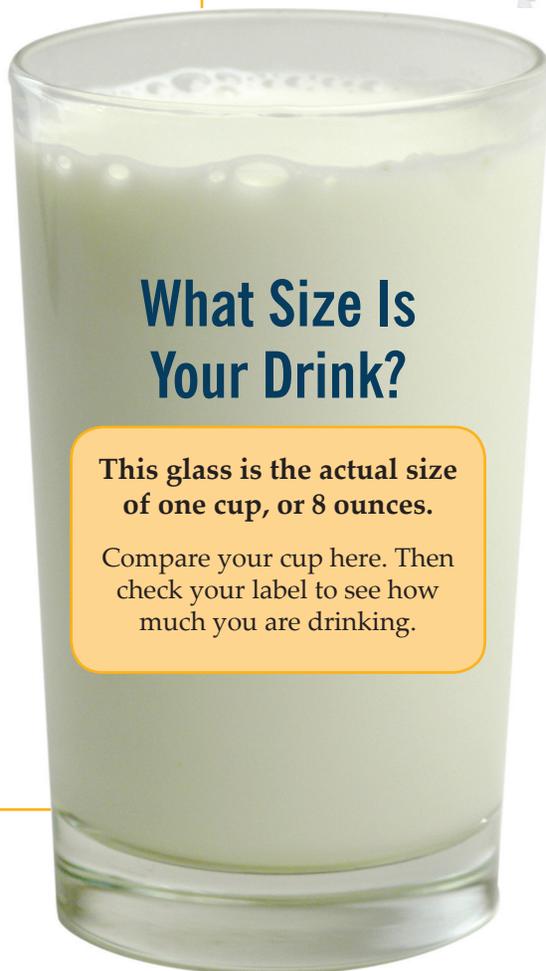
**How can I make every sip count?** Drink natural, nutrient-packed beverages like milk, 100% juices and water to boost your nutrition.

**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 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.

## 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
		<b>%Daily Value*</b>
<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.

## Choose Most Often

Milk: Low-fat or fat-free  
Water  
100% juice  
Fortified soy-based beverages  
Unsweetened beverages

## Drink Less Often

Soda  
Sports drinks, energy drinks  
Fruit-drinks  
Sweetened teas, coffees and other beverages

## I Will Drink More:

## I Will Drink Less:



