

Re-Think Your Drink



Many of us might stop to ponder our food choices, but rarely do we take time to think about our drink choices. Beverages can keep us well-hydrated and make a difference in our health, performance and even our attitude.

Poor drink choices are ones that contain a lot of extra calories without very many vitamins and minerals. Did you know a 20 ounce soda has about 17 teaspoons of sugar and over 200 calories? Choosing these types of drinks regularly can keep you from reaching a healthy weight. Beware of sport drinks, regular sodas and fruit flavored beverages. These types of drinks contain large amounts of added sugar and are packed with calories without many nutrients.

For a smart drink, choose water, low-fat milk or 100% fruit or vegetable juice. If you choose to drink 100% juice, keep it to one cup or less per day. If you choose a sports drink, soda or fruit flavored beverage, switch to a calorie-free version.



For more information about smart beverage choices visit:

www.EatSmartMoveMoreNC.com/SnacksNDrinks/SnacksNDrinks.html

Quick Tips to Try

Re-Think Your Drink at Breakfast, Lunch, Dinner or Anytime!

1. Start your day with skim or low-fat milk for bone strengthening calcium.
2. Try a small glass of 100% fruit or vegetable juice.
3. Choose water often. Carry a water bottle with you to make this calorie-free drink an easy choice!
4. Trade your calorie-packed large mocha latte for a medium coffee.
5. Make the switch to unsweetened tea or coffee.
6. Drink water before, during and after exercise.
7. Try sparkling water with a splash of 100% fruit juice.

Remember to give yourself a point each time you complete a tip!

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