

# Reach for a Healthy Beverage

## What Should I Drink?

### Throughout the Day

Choose these beverages that are great for your body:

**Water:** Drink when you're thirsty to keep you hydrated.

**Milk:** 3 cups of low-fat or fat-free milk each day for strong bones, teeth and muscles.

**100% juices:** 1/2 to 1 cup serving per day for a healthy immune system; then choose to eat whole fruits.

### For Physical Activity

Match your drink choice with your level of activity:

**Water:** Before, during and after activity. **Sports drinks are only** if you're participating in vigorous physical activity for more than 1 hour.

**Low-fat milk or chocolate milk:** After activity to replace important nutrients such as protein and electrolytes. Drinks like milk help you recover and rebuild muscles faster.

### Once in a While

Limit the amount of drinks with added sugar with few nutrients:

- Soda
- Sweetened drinks and teas
- Dessert-style coffees
- Fruit-flavored drinks
- Energy drinks
- Enhanced waters



### Choose Most Often

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

### I Will Drink More:

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### Drink Less Often

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

### I Will Drink Less:

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Think about your drink options and make good choices starting today

# How do you read a beverage label?

Nutrition Facts											
Serving Size 8 fl oz (245g)											
Servings Per Container 1											
Amount Per Serving											
<b>Calories</b> 105	Calories from Fat 21										
<table border="0"> <tr> <td>Vitamin A</td> <td>10%</td> <td>•</td> <td>Vitamin C</td> <td>6%</td> </tr> <tr> <td>Calcium</td> <td>30%</td> <td>•</td> <td>Iron</td> <td>4%</td> </tr> </table>		Vitamin A	10%	•	Vitamin C	6%	Calcium	30%	•	Iron	4%
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1. **Start with servings.** Look closely at the serving size.
2. **How many servings per container?** Most containers have 2 or 3 servings. This has 1 serving.
3. **Check calories.** Labels show the calories for 1 serving.
4. **Look for valuable nutrients** in 1 serving that help your body have energy and be strong.



# How do your beverage choices stack up?

## Fat-Free Milk

Low-fat or fat-free milks are packed with nutrients for strong bones and teeth and lean muscles.

Drink 3 cups every day.



## Chocolate Milk

Flavored milk offers variety and good nutrition, with some added sugar.

Great sports recovery drink.



## 100% Fruit Juice

100% fruit and vegetable juices provide vitamins.

Choose up to 1 cup of 100% juice a day instead of fruit-flavored drinks.



## Sports Drink

Most containers have 2 – 3 servings. The calories add up!

Sports drinks are for hard physical activities lasting 1 hour. Otherwise, choose water.



## Soda

Many containers have 2 – 3 servings.

Have added sweeteners and often high calories with no nutrients.



Drink more

Drink less