

# Make Every Sip Count

## Drinks can impact health.

Sugary drinks may cause weight gain and cavities, especially for children. Over time, drinking sugary drinks may lead to obesity, type 2 diabetes and heart disease.

## Beverage choices matter.

Drink water to stay hydrated. Drink nutrient-packed beverages like low-fat (1%) or fat-free milk to boost your nutrition.

## Choose water most often.

Drinking tap water with ice saves money. For flavor, add sliced fruit or cucumber.

## Milk nourishes your body.

Aim to consume 2–3 servings of dairy such as low-fat (1%) or fat-free milk, yogurt, cheese or fortified soy beverage, to help build strong teeth and bones and refuel muscles.

## Drink juice in small amounts.

Choose whole fruit most often. If you drink juice, make sure it is 100% fruit or vegetable juice and limit to ½ cup for children and one cup for adults per day.

Search [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more “better beverage” ideas.



## What’s in Your Drink? Read the Label

### Find the serving size.

One container isn’t always one serving. This label shows 2 servings. How many calories would that be? (210 calories)

### Limit added sugars.

- No more than 50 grams for adults each day (12 teaspoons).
- No more than 25 grams for children each day (6 teaspoons).

### 1% Low-fat milk

Nutrition Facts		
2 servings per container		
<b>Serving size</b>	<b>1 cup (240mL)</b>	
<b>Amount Per Serving</b>	<b>105</b>	
<b>Calories</b>		
% Daily Value*		
<b>Total Fat</b>	2.5g	4%
<b>Saturated Fat</b>	1.5g	8%
<b>Trans Fat</b>	0g	
<b>Cholesterol</b>	15mg	5%
<b>Sodium</b>	130mg	5%
<b>Total Carbohydrate</b>	13g	4%
<b>Dietary Fiber</b>	0g	0%
<b>Total Sugars</b>	12g	
	<b>includes 0g of Added Sugars 0%</b>	
<b>Protein</b>	8g	
<b>Vitamin D</b>	2.5mcg	15%
<b>Calcium</b>	300mg	25%
<b>Iron</b>	0.12mg	0%
<b>Potassium</b>	400mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Choose Most Often

Drinks with **no** added sugars

- Water
- Low-fat (1%), fat-free or lactose free milk
- Fortified plain soy beverages
- Unsweetened tea or coffee

### Drink Less Often

Drinks with added sugars

- Soda
- Sports drinks
- Fruit drinks
- Energy drinks
- Sweetened and/or blended coffees

All of these drinks have more than the limit of 25 grams of added sugars for children. Some may have up to 50 grams of added sugar.