

Making Every Sip Count

Choose water most often.

This can be tap, bottled, or sparkling water. Choosing ice water saves money instead of ordering a beverage at a restaurant. For flavor, add berries, sliced citrus, mint, basil, or cucumbers. Keep reusable bottles with you to carry water on the go.



Milk hydrates too!

Milk can be a more effective choice for rehydrating after intense exercise or when the body needs additional electrolytes and nutrients.



Limit drinks with added sugars.

Soda, sports drinks, fruit drinks, energy drinks, and blended coffees have more added sugars. Aim for < 50 grams of sugar for adults and < 25 g for children/day.



Juice in small amounts.

Choose whole fruits most often. If you choose juice, make sure its 100% fruit or 100% vegetable juice.



Added sugar on an ingredient list:

Cane Juice - Corn Syrup
Dextrose - Fructose
Fruit Juice Concentrates
Fruit Nectars
(like Agave) - Glucose
High Fructose Corn Syrup
Honey - Malt Syrup -
Maple Syrup - Syrup
Molasses - Raw Sugar
Sucrose - Sugar - Sugar Cane



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