

Beverages: Make Every Sip Count

Parents

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'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		
Calories	170	Calories from Fat 20
%Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	0%
Cholesterol	5mg	2%
Sodium	190mg	8%
Total Carbohydrate	29g	10%
Dietary Fiber	1g	5%
Sugars	27g	
Protein	8g	
Vitamin A	10%	Vitamin C 6%
Calcium	30%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.



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.

Choose Most Often

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

