

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	Drink Less Often
Milk: Low-fat or fat-free	Soda
Water	Sports drinks, energy drinks
100% juice	Fruit-drinks
Fortified soy-based beverages	Sweetened teas, coffees and other beverages
Unsweetened beverages	
I Will Drink More:	I Will Drink Less:

