

Health & Nutrition Tips

RETHINK YOUR DRINK



MAKE EVERY SIP COUNT

by drinking natural, nutrient-packed beverages like milk, 100% juices and water to boost your nutrition.

IF YOU ARE 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.



CHOOSE MOST OFTEN

- Water
- Low-fat or fat-free milk
- 100% juice
- Fortified soy-based beverages
- Unsweetened beverages



CHOOSE LEAST OFTEN

- Soda
- Sports drinks
- Energy drinks
- Fruit drinks
- Sweetened teas
- Sweetened coffees

