

RETHINK YOUR DRINK:

Tips for Making Healthier Drink Choices

As the heat continues to rise, it is important to remember that the drinks we choose also play an important part in building a healthy dietary pattern. Many high calorie beverages offer little to no nutritional value and contain added sugars and/or saturated fat which can lead to unwanted weight gain and worsening health conditions. So, here are a few tips to help you make healthier drink choices!

WATER FIRST!

Feeling thirsty? Reach for water! Water is a great first choice as it helps you stay hydrated without adding any calories. If you're finding it difficult to drink enough water, try these options!

- Carry a reusable water bottle and refill it throughout the day.
- For those that enjoy the bubblyness of a soda, try unsweetened sparkling water.
- Out of sight, out of mind? Keep a pitcher of water in the front of your fridge, within view.
- For a natural flavor enhancement, add fruits or herbs such as lemon or mint to your water.

BE LEGEN-DAIRY...

By choosing low-fat or fat-free dairy products or their dairy-free alternatives! Milk is a great source of calcium and other key nutrients. Low-fat and fat-free options provide the same nutrients as their whole-fat counterpart, but with less saturated fat – which, too much can increase your risk of heart disease. For those who are lactose-intolerant, try low-fat or fat-free lactose-free milk or unsweetened dairy-free milk alternatives that are fortified with nutrients like vitamin A and vitamin D.

WHAT ABOUT FRUIT JUICES?

When possible, whole fruits are best. However, if you are going to drink fruit juices, be sure to read labels! Look for and choose 100% juices that do not contain any added sugars. Aim for a small, 4 oz. serving or try diluting your juice with plain or sparkling water if you are concerned about calories.

THE SCOOP ON ADDED SUGARS

Sugars in drinks can either occur naturally (ex. 100% fruit juices, milk) or are added to enhance taste. The term “added sugars” does not include naturally occurring sugars. Drinks with added sugars often contain little to no nutritional value and may include sodas, sports drinks, energy drinks, fruit drinks, and sweetened waters, coffees, and teas. In fact, sugar-sweetened beverages are one of the main sources of added sugars in our diet. Calories from added sugars add up quickly! Just have a look -

DRINK (12 oz. serving)	TOTAL CALORIES (averaged)
Sweet Tea	115 calories
Regular Soda	156 calories
Lemonade	171 calories
Fruit Punch	238 calories
Café Mocha	290 calories

DID YOU KNOW:

The 2020-2025 Dietary Guidelines for Americans recommend limiting added sugars to no more than 10% of your total calorie intake. For those following a 2,000-calorie eating plan, that's only 200 calories per day!

The Nutrition Facts Label can help you compare and choose options that are low in added sugars.

- 5% Daily Value (%DV) or less is a LOW sources of added sugars
- 20% Daily Value (%DV) or more is a HIGH source of added sugars
- The current Daily Value for Added Sugars on the Nutrition Facts Label is based on 50 grams.