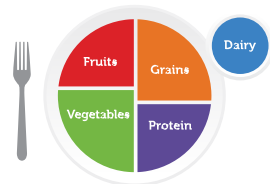


Start simple
with MyPlate



MAKE BETTER BEVERAGE CHOICES.

At every age, what you drink can be as important as what you eat. When deciding what to drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start simple with these tips today:



Drink water.

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks usually contain a lot of added sugars.



Encourage kid-friendly drinks.

Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to options for your kids. Serve 100% juice only on occasion.



Compare food labels

Use the [Nutrition Facts label](#) when shopping for beverages. Check and compare calories, amounts of added sugars, and servings per containers.



Cut coffee calories

Skip the whipped cream and chocolate or caramel drizzle. Go with low-fat milk and a sprinkle of cinnamon or nutmeg for a lower calorie coffee.



Grab a bottle on the go

Carry a clean, reusable water bottle in your bag to fill up throughout the day. Tap water is usually easy to find.



Jazz up your drink

Perk up your plain water or seltzer water with lemon, lime, or orange slices. Maybe even try some fresh mint leaves or a few fresh or frozen berries.