

Better Drink Choices

- ★ **Fruit Juice mixed with Club Soda**

Mix $\frac{1}{4}$ cup of fruit juice with $\frac{3}{4}$ cup club soda.

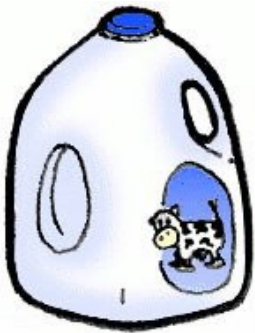
- ★ **Flavored Fruit Tea**

Brew your own tea at home. Use 2 fruit flavored tea bags to brew a double strength tea, add ice.



- ★ **Low-Fat or Skim Milk**

Low-fat and skim milk make a great alternative for sugary drinks. Milk is a great source of calcium and protein.



- ★ **Fruit Juice Ice Cubes**

Pour your favorite fruit juice into ice cube trays, then pop them into the freezer to make fruity ice cubes to flavor your water.

- ★ **Homemade Flavored Water**

Add a combination of cut up fruits to a pitcher of water.

- ★ **Water**

Always the best choice for your body!

- ★ **Diet or Sugar-Free Drinks**

A better choice than regular sugary drinks



Did You Know?

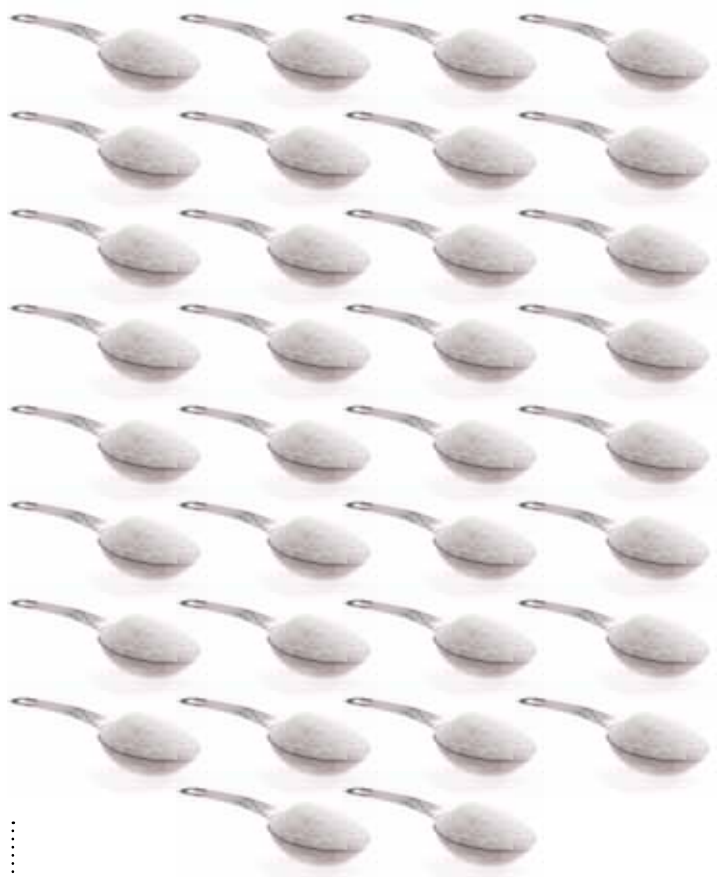
The average sugary drink has about 150 calories. By having one of these drinks every day that you do not burn off, you could gain **15 pounds** in one year!

Rethink YOUR Drink

38

teaspoons *of* sugar

Fountain Drink
44 oz



13

teaspoons *of* sugar

Energy Drink
16 oz



8

teaspoons *of* sugar

Sports Drink
20 oz



12

teaspoons *of* sugar

Orange Soda
12 oz



4

teaspoons *of* sugar

Juice Drink
6 oz

