

Better Drink Choices 1

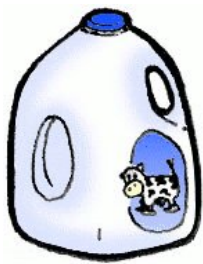


Water

Always the best choice for your body!

Homemade Flavored Water

Add different types of cut up fruits to a pitcher of water.



Low Fat or Skim Milk

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

Diet or Sugar-Free Drinks

A better choice than regular sugary drinks.

Flavored Fruit Tea

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



Did You Know?

The average sugary drink has about 150 calories. If you have one of these drinks every day that you do not work off with exercise, you could gain **15 pounds** in one year!