

DRINK FOR YOUR HEALTH

Water does all this and has 0 calories!

- Water is an important nutrient that makes up 45%-75% of your body weight.
- It helps regulate your body temperature.
- It transports nutrients to cells.
- It helps get rid of waste.
- It helps lubricate and cushion your joints.

It is recommended that you consume no more than 10% of your calories from added sugar. For a person consuming 2,000 calories per day, this amounts to 200 calories or 50 grams of sugar.

What do you get for the calories?

Soda pop

12 ounces provide 150 calories and:

Nutrients	% Daily Value
Vitamin D	0%
Calcium	0%
Iron	0%
Potassium	0%

Fat-free milk

12 ounces provide 120 calories and:

Nutrients	% Daily Value
Vitamin D	22%
Calcium	35%
Iron	1%
Potassium	12%

It's easy to make better drink choices.

- Keep a pitcher of cold water in the refrigerator for a fast, refreshing drink.
- Carry a reusable water bottle.
- Choose 100% fruit juice in moderation.
- Go for the smaller size if you choose a sugar-sweetened drink.
- Add flavor to water by adding a slice of lemon, lime or orange.



How much added sugar is in soda pop?

12-ounce can

- 36-44 grams (or 9-11 teaspoons) sugar
- 148-176 calories

20-ounce bottle

- 60-72 grams (or 15-18 teaspoons) sugar
- 240-288 calories