DRINK FOR YOUR HEALTH

Water does all this and has zero 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'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.

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 oz provides 150 calories and:

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

Fat-free milk 12 oz provides

Vitamin D Calcium Iron Potassium

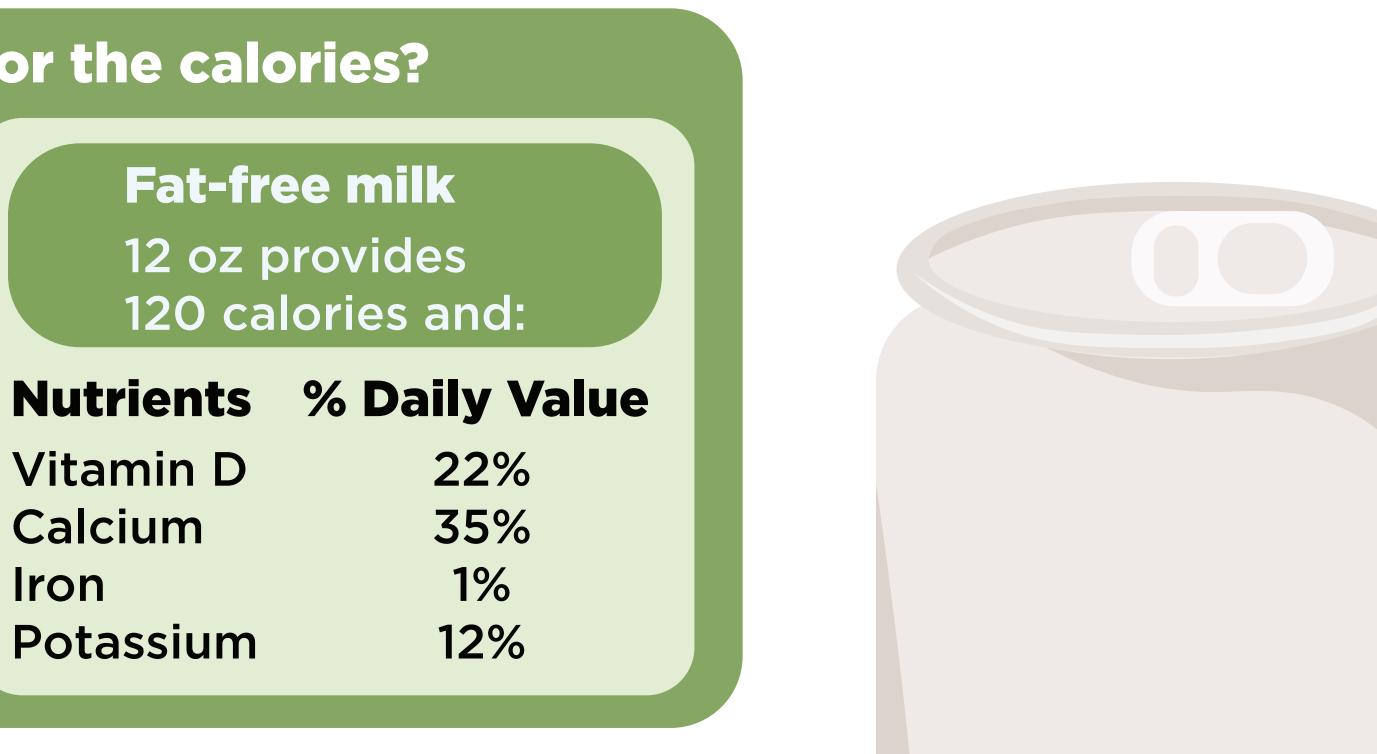


12-ounce can

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







How much added sugar is in soda pop?

20-ounce bottle

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

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Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance