

drink water instead of sugary drinks

Nothing refreshes like a glass of water.

Make water exciting by adding a slice of fruit or a splash of 100% fruit juice.



Brew flavored tea bags & pour over ice for unsweetened iced tea.



Pick out a cool water bottle to carry around and refill throughout the day.



Other healthy drinks include fat-free or 1% milk or a small glass of 100% juice.

Drink water.
Zero calories, zero fat and it's free.

did you know that...



Soda, energy drinks and sports drinks are high in sugar and calories and contribute to weight gain. Just one can of regular soda contains about **10 teaspoons of sugar!**