

# Rethink Your Drink



**Sugary drinks contain extra sugar and calories you and your children don't need. Extra sugar and calories can lead to obesity and diabetes. Sugar can also cause cavities.**



**12 fl. oz. Soda or Sweet Tea**  
135-180 calories  
8-11 teaspoons added sugar



**12 fl. oz. Sports Drink**  
75 calories  
6 teaspoons added sugar



**12 fl. oz. Milkshake**  
380 calories  
10 teaspoons added sugar



**6.75 fl. oz. Fruit Drink**  
100 calories  
6 teaspoons added sugar



**16 fl. oz. Flavored Coffee**  
130-220 calories  
4-5 teaspoons added sugar

**Drink water or lowfat milk instead of sugary drinks.** Have a pitcher of water cooled in the refrigerator so family members can drink water when they are thirsty. Nothing quenches thirst better than water. Water is naturally sugar-free and calorie-free.

**When you are away from home, bring bottles of water with you** in a cooler or use insulated bottles that keep the water cool. This can also save you time and money—you won't need to stop to buy a drink.

**Serve fat free or 1% lowfat milk for adults and children 2 years and older.** Fat free and 1% milk have all the protein, calcium, vitamins and other nutrients of whole milk, with fewer calories and less fat. Children 1 year to under 2 years of age should be given whole milk.

**Switch from juice to whole fruit.** Many children drink too much juice and eat too little fruit. Limit 100% fruit juice to one serving per day for children and adults. Whole fruit has more fiber and fewer calories. Fiber helps keep you healthy. It also helps you feel full.

**Don't waste money on soda, punch, and fruit-flavored drinks.** Most of these drinks are just flavored sugar water.

**Skip sports drinks and "energy" drinks.** Most are high in sugar and low in nutrients, and energy drinks are loaded with caffeine. Most of the time, water is all you need to drink during or after physical activity.

**Watch out for flavored coffees, flavored milks, sweet tea, and shakes.** Check calories for these drinks—you will probably be surprised by how many calories these contain. If you drink coffee or tea, order it plain and lightly flavor it yourself.

**Downsize!** If you do have a sugary drink, cut portion sizes by using a small, 6-oz cup.

**Infants under 1 year of age.** Infants should not be given any sugary drinks or fruit juice.



**Water**  
0 calories  
no added sugar



**8 fl. oz. 1% Lowfat Milk**  
102 calories  
no added sugar\*



**8 fl. oz. 100% Orange Juice**  
112 calories  
no added sugar\*



**12 fl. oz. Lemonade**  
150 calories  
10 teaspoons added sugar

\*Milk and 100% fruit juice have naturally occurring sugars, but no sugar is added.

