



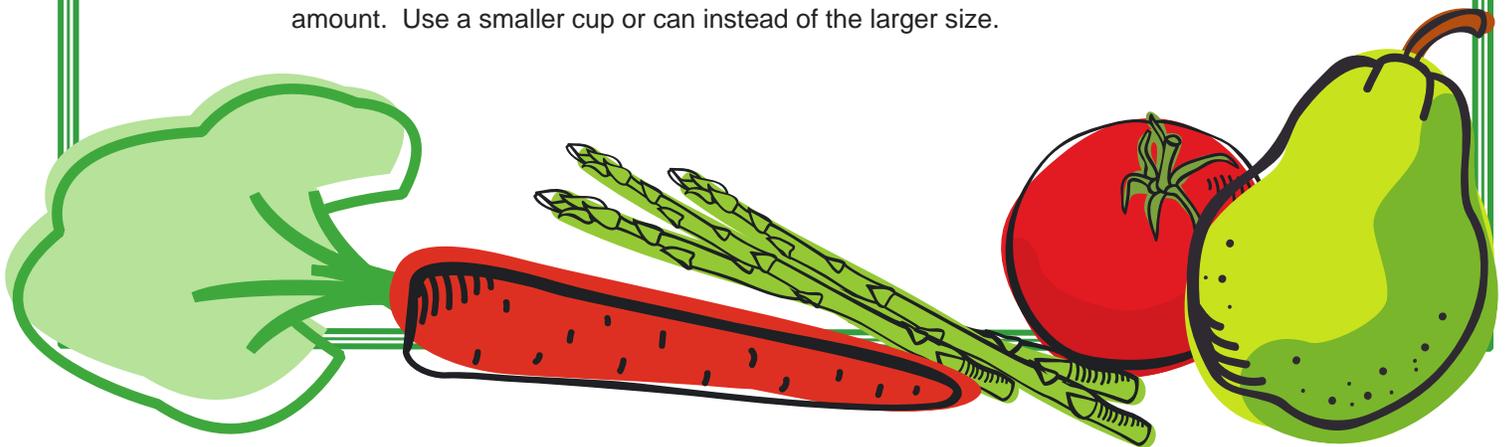
# Making Better Beverage Choices

What you drink can be as important as what you eat. Many beverages can be high in sugar and calories and have little to no nutrients in them. Help your family make better choices by having these beverages on hand to enjoy anytime!

- **Water.** Water is the easiest to have on hand -- and costs very little. Water helps our bodies to stay hydrated and keep our blood flowing. Drink water throughout the day, especially when you are thirsty. Add a little twist to your water by adding fruits like lemon, orange, or frozen berries for a hint of flavor.
- **Low-fat milk.** Milk is a great option to help build strong bones and teeth. Milk provides calcium, Vitamin D and protein. The best milk choice is white milk that is low-fat or fat-free. Try drinking milk each night with dinner.
- **100% fruit juice.** Fruit juice that is 100% is a healthy option for your family -- just limit the amount of juice per day. Depending on the age, children can drink 1/2 to 1 cup and adults can drink up to 1 cup of 100% fruit or vegetable juice each day.

Having these beverages on hand is a great start in making better beverage choices. For additional ways to ensure your family is making healthy choices, try these tips!

1. Keep a water pitcher in the refrigerator. Fill a pitcher with water and place in the refrigerator to keep cold. When you are thirsty, it will be easy to reach and refreshing because it will be cold! If your child likes to visit the refrigerator often, keep cups of water or ready-to-go containers filled with water so they can grab it quickly.
2. Juice boxes that are 100% fruit juice are great options for kids and easy to use in lunch boxes or backpacks when you are away from home.
3. Limit bringing high sugar beverages (such as sodas and artificially-flavored juice) into the home. If the beverages are not available, the family will not reach for these first when choosing something to drink.
4. When water just won't do -- enjoy the beverage of your choice but drink a smaller amount. Use a smaller cup or can instead of the larger size.



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