



Better Beverage Challenge

Getting Started:

- **Figure out what beverages you want to cut back on.** Take a look at your food diary and decide which drinks are the highest in calories and sugar, and start with those. If you don't track, think about your current beverage habits and where you might be able to upgrade your drinks.
 - Some examples of high-calorie beverages include:
 - Sodas
 - Fruit juices (this includes 100% juice—some contain just as much sugar as soda!)
 - Sweetened teas and lemonades
 - Flavored milks (both dairy and non-dairy)
 - Coffee beverages (hot or frozen)
 - Sports and energy drinks
 - Alcoholic beverages
- **Decide whether you want to scale back gradually or go cold turkey.** Then, check out the guide below to put together your personalized plan.
- **Find some refreshing alternatives.** Science has shown the best way to ditch an undesirable habit is to replace it with a better one. Stocking your fridge with a few healthier go-to drinks will set you up for success.

Additional Tips for Success:

- **Drink mostly water, aiming for at least 64 ounces (just shy of 2 liters) per day.**
- **Set a few hydration goals, not just one.** Two liters of water is a lot if you only drink one or two glasses during the day, and then try to squeeze in the rest before bedtime. Break your daily hydration target into morning, afternoon and evening goals. This will make it more achievable, and ensure you're adequately hydrated throughout the day.
- **Invest in a water bottle. Or two!** Have one at home to take with you on errands, or when you travel, and keep another one at work. Simply having a cold glass of water on your desk is enough to remind you to drink throughout the day.
- **Recruit a friend or family member to get on board.** It'll be more fun, plus the added accountability will help keep you motivated all month long or maybe even longer.
- **For those who are motivated by money (and who isn't) ...** Set aside the cash you would have spent on those sweet sips to see the monetary rewards from purchasing fewer high-calorie drinks.
- **Keep track of the trades you make.** Spend a few minutes each week tallying up the calories and sugar you save.

Gradual Cut-Back:

Week 1: Add up how many high-calorie drinks you have each week. Reduce the number of high-calorie drinks by 25%.

- Multiply the number of drinks you consume on average by 0.25. (Ex: 7 sodas per week $\times 0.25 = 1.75 \rightarrow$ round up to 2)
- Weekly goal = no more than 5 high-calorie drinks

Week 2: Reduce the number of high-calorie drinks from week 1 by 25%.

- Multiply the number of drinks you consume on average by 0.25. (Ex: 5 sodas per week $\times 0.25 = 1.25 \rightarrow$ round up to 2)
- Weekly goal = no more than 3 high-calorie drinks

Week 3: Reduce the number of high-calorie drinks from week 2 by 25%.

- Multiply the number of drinks you consume on average by 0.25. (Ex: 3 sodas per week $\times 0.25 = 0.75 \rightarrow$ round up to 1)
- Weekly goal = no more than 2 high-calorie drinks

Week 4: Limit high-calorie drinks to 1 or less per week.

Quit Cold Turkey:

Before you begin:

- Rid your cabinet and fridge of any temptations.
- Invest in a nice water bottle if you don't already own one.

Week 1: Set a daily hydration goal and write down a schedule to meet it. For example, meet half of your goal by lunchtime and the other half by the end of dinner.

- You can start with the standard water intake of 8 8-ounce glasses per day or calculate an individualized daily goal by multiplying your weight (in pounds) by 0.5 fluid ounces. (Ex: 150-pound person would have a daily goal of 75 ounces of water)

Week 2: Try something new.

- Make a pitcher of flavored water using fresh fruit, cucumber and/or mint, and keep it in the fridge for a flavorful, hydrating alternative to plain water.

Week 3: Get a friend or family member on board.

- By now you're probably feeling great and have a good handle on saying no to sugary beverages. With two weeks of the challenge left to go, now is a great time to enlist a buddy to cut back or go cold turkey with you. You'll be helping them and the added accountability will help you.

Week 4: Continue meeting your hydration goal using only water and/or unsweetened, calorie-free beverages.