



Make Better Beverage Choices

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

Drink Water

Drink water instead of sugary drinks. Regular soda, energy or sports drinks and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

How Much Water is Enough?

Aim for at least 48 ounces of water each day. If you get thirsty, you're already dehydrated so paying attention to the color of your urine is a better indicator of hydration. Pale and clear means you're well hydrated. If it's dark, drink more water.

A Thrifty Option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

Manage Your Calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

Don't Forget Your Dairy

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D and potassium, but the number of calories are very different. Older children, teens and adults need three cups of dairy per day.

Enjoy Your Beverage

When water just won't do, enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle or container to stay within calorie needs.

Water on the Go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day.

Check the Facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium and calories to help you make better choices.

For more information, go to www.ChooseMyPlate.gov.