Beverages: Make Every Sip Count

When Choosing Drinks, Ask:

How can I make every sip count? Drink natural, nutrient-packed beverages like milk, 100% juices and water to boost your nutrition.

Did I drink 2-3 cups of milk today? If not, drink low-fat or fat-free milk to build strong teeth and bones.

Am I thirsty? Choose water to stay hydrated without adding extra calories. Use tap water and add ice cubes to save money. Add flavor with sliced fruit or cucumber.

What if I don't like the taste of tap water? Leave water overnight in an open container. Chlorine evaporates so water tastes better.

What should I do with the large drink from a meal combo at fast food restaurants? Substitute low-fat or fat-free milk, water or split a drink with family.

What Size Is Your Drink?

This glass is the actual size of one cup, or 8 ounces.

Compare your cup here. Then check your label to see how much you are drinking.

What's in Your Drink? Read the Label

Find the serving size.
One container isn't always one serving. This container has 3 servings. Drinking the whole container is 510 calories!

Limit added sugars.

Read ingredients.
Milk or 100% juice should be listed first.

Nutrition Facts

Serving Size 8 fl oz (245g)
Servings Per Container 3

Amount Per Serving

Calories 170	Calories from Fat 20

	%Daily Value*
Total Fat 2.5g	**4** %
Saturated Fat 1.5g	**8** %
Trans Fat 0g	**0** %
Cholesterol 5mg	**2** %
Sodium 190mg	**8** %
Total Carbohydrate 29g	**10** %
Dietary Fiber 1g	**5** %
Sugars 27g	
Protein 8g	

Vitamin A 10%	•	Vitamin C 6%
Calcium 30%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Choose Most Often	Drink Less Often
Milk: Low-fat or fat-free	Soda
Water	Sports drinks, energy drinks
100% juice	
Fortified soy-based beverages	Fruit-drinks
Unsweetened beverages	Sweetened teas, coffees and other beverages

I Will Drink More:	I Will Drink Less: