

THINK ABOUT DRINKS

YOU CAN MAKE A DIFFERENCE!

- **Serve 1% or fat-free milk at meals and water between meals.**
- **Reduce access to sweetened beverages.**
- **Make water available.**
- **Have sweetened beverages only as an occasional treat.**
- **Enjoy regular meals together as a family.**

BE A ROLE MODEL

Drink less:

- **Soda**
- **Juice Drinks (any drink that is not 100% juice)**
- **Sports Drinks**

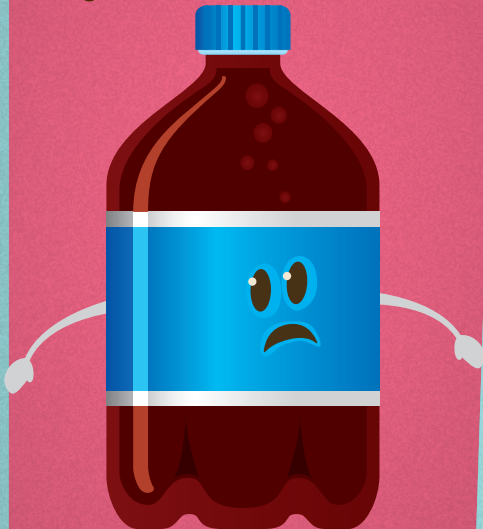
Instead, choose more:

- **Water**
- **1% or fat-free milk**
- **WIC approved 100% fruit juice**

LESS SODA

Calories: 150

Contains over 10 tsp. of added sugar
Not a good source of vitamins or minerals



Limit servings

LIMIT 100% JUICE

Calories: 110

Good source of
vitamin C and potassium



Only 4-6 ounces daily

1% OR FAT-FREE MILK

Calories: 90

Good source of calcium,
vitamin D, and protein



2 cups daily

MORE WATER

Calories: 0

Helps keep you hydrated



As Wanted

Choosing water, 1% or fat-free milk, and 100% juice will reduce the risk of you and your family being overweight, having tooth decay, and developing type 2 diabetes.

Recommendations for 2 years and older