

BALANCE YOUR BEVERAGE CHOICES



LEARN TO READ BEVERAGE LABELS AND BALANCE YOUR PORTIONS TO MAKE CHOICES THAT SUIT YOUR TASTE. JUST FOLLOW THESE STEPS.

Be Clear on Calories

- ✓ Mix 100% juice with seltzer water to make your own fizzy drink with fewer calories.
- ✓ Choose no- or low- calorie versions of your favorite drinks.
- ✓ Use other clues on the label such as “unsweetened.”

Balance Your Portions

- ✓ Compare the serving size to how much you usually drink.
- ✓ Buy smaller sizes of your favorite drinks.
- ✓ Stretch what you buy. Pour a single serving size into a separate cup before you drink it.



Look for Less Sugar

- ✓ Read the ingredients to see if there is sugar.
- ✓ Pick beverages with fewer added sugars per serving by checking the Nutrition Facts Panel and ingredients list

Be Creative!



- ✓ Add a piece of your favorite low-cost flavor like cucumber, lemon, mint or vanilla and maybe enjoy over ice too!

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