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!