



Tip of the Week

Rethink Your Drink

Adapted from Eat Smart Move More

For many of us, the availability of high-calorie sodas and fruit drinks makes it easy for us to grab a drink on the go—without thinking about how many calories we’re drinking. Studies show that we usually don’t do a good job of reducing calories from other foods after drinking high-calorie drinks. Since our bodies don’t register the calories from drinks, it is important that we choose our drinks very carefully. Choose water and diet drinks instead of regular sodas and fruit drinks.

Try these simple tips to re-think your drink:

- Carry a water bottle with you during the day.
- Stock your refrigerator with a jug of water.
- Drink carbonated water.
- Add slices of lemon, lime, cucumber or watermelon to water.
- Choose calorie-free diet drinks.
- Add a splash of 100% fruit juice to plain sparkling water to make a low calorie drink.
- Try hot or cold tea or herb tea (without added sugar or sweetened with calorie free sweeteners).
- Make your coffee with calorie-free sweetener and low-fat milk, or have black coffee.



Choose lower-calories drinks to save you lots of calories during the day.

