



NUTRITION DESIGNED FOR YOU.

BEVERAGES

When drinking beverages other than water, you may be taking in more sugar and calories than you realize. Here are a few tips to help you drink wisely.

- **Spice up your water!** Add lemon, cucumber, or lime for a fresh twist and extra flavor.
- **Limit sugar or cream added to coffee.** While some drink coffee or tea plain, others may be adding more sugar or cream than they realize. Pay attention to how much sugar and cream you are adding. Order coffee black and add additional items on your own. Gradually reduce the amount of cream or sugar added to your coffee or tea to help adjust your taste to less sweetness.
- **Limit soda, energy drinks and other sugary beverages.** These drinks add little nutritional benefit and are loaded with sugar and even sodium. Craving a sweet drink with fizz? Swap the soda for a club soda, seltzer or sparkling water. You can even add $\frac{1}{4}$ c. of your favorite 100% fruit juice to club soda!
- **Limit alcoholic beverages.** If you do choose to drink alcoholic beverages, the Dietary Guidelines for Americans recommends, at the most, 1 drink per day for women and 2 drinks per day for men. If you suffer from high blood pressure or other chronic diseases, your doctor or dietitian may encourage you to consume less than the recommended amount.
- **Feeling sluggish or tired?** Try drinking a glass of water for a boost, rather than a sugary or caffeinated drink. When dehydrated, you may crave sugar and caffeine more.
- **Make water more accessible.** Carry a reusable water bottle and leave the house with it filled.

