

# Rethink your drink...

*with no added sugar - save on calories!*



Drinking beverages that do not have added sugar (sugar-sweetened beverages) is one way to maintain a healthy weight and to prevent diseases like heart disease, stroke, diabetes, and some cancers.

## Save on Calories

Sugar-sweetened beverages are high in calories and provide little or no nutrients. If you look below, you can see that the calories from drinks can really add up! Today is a great time to Rethink Your Drink and choose healthier options!

## Here's How to Save Over 1000 Calories from Beverages!

Instead of...	Calories	Try...	Calories	Calories Saved
Fruit Drink (20oz)	320	100% Apple Juice (8oz)	120	200
Whole Chocolate Milk (8oz)	220	Unflavored 1% Milk (8oz)	100	120
Sweetened Iced Tea (bottled- 20oz)	225	Unsweetened Iced Tea (20oz)	3	222
Sports Drink (20oz)	125	Water	0	125
Grande (16oz) Flavored Latte' with Whole Milk	280	Grande (16 oz) sugar free Flavored Latte' with skim milk	130	150
Energy Drink (8oz)	140	Water with lemon	4	136
Can of Regular Soda (12oz)	150	Unflavored carbonated water	0	150

## Better Beverages Made Easy

- Carry a water bottle and refill it throughout the day. It's quick, easy, and inexpensive.
- Don't "stock your fridge" with sugary drinks. Instead, keep a jug or bottles of cold water in the fridge to have on hand.
- Serve water and low-fat/fat free milk with meals instead of sugary beverages.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to sparkling water for a refreshing, low-calorie drink.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.



To learn more, visit [http://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html)  
*This handout was adapted from Nebraska Department of Health and Human Services*