

Better Beverages!

Recommended beverage balance:

- 3 servings of milk per day
 - Skim or 1%
- Drink water in between meals
 - Add your own splash of lemon, lime, orange
- Other sugar-free flavored beverages may be used for variety



Better Beverage Choices:

- Water
- Low-fat Milk
 - Skim or 1%
- Flavored Water
 - Propel™, Fruit₂O™, Clearly Sparkling™, Seltzer Waters
 - Aquafina Flavor Splash™, Dasani Flavored Water™
- Minute Maid Just 10™
- Minute Maid Fruit Falls™
- Sugar-free Kool-aid™
 - Pre-mixed sugar-free or made with Splenda™
 - Kool-aid Jammers10™
- Crystal Light™
 - Look for store-brand versions
- Unflavored Tea
 - Recommend decaf
 - May add sugar substitute or lemon
- Diet Soda
 - Recommend decaf

