

# DRINK FOR YOUR HEALTH

## Water does all this and has zero calories!

- Water is an important nutrient that makes up 45-75% of your body weight.
- It helps regulate your body temperature.
- It transports nutrients to cells.
- It helps get rid of waste.
- It helps lubricate and cushion your joints.

It is recommended that you consume no more than 10% of your calories from added sugar. For a person consuming 2,000 calories per day, this amounts to 200 calories or 50 grams of sugar.

## What do you get for the calories?

### Soda pop

12 oz provides  
150 calories and:

Nutrients	% Daily Value
Vitamin D	0%
Calcium	0%
Iron	0%
Potassium	0%

### Fat-free milk

12 oz provides  
120 calories and:

Nutrients	% Daily Value
Vitamin D	22%
Calcium	35%
Iron	1%
Potassium	12%

## It's easy to make better drink choices.

- Keep a pitcher of cold water in the refrigerator for a fast, refreshing drink.
- Carry a reusable water bottle.
- Choose 100% fruit juice in moderation.
- Go for the smaller size if you choose a sugar-sweetened drink.
- Add flavor to water by adding a slice of lemon, lime or orange.



## How much added sugar is in soda pop?

### 12-ounce can

- 36-44 grams (or 9-11 teaspoons) sugar
- 148-176 calories

### 20-ounce bottle

- 60-72 grams (or 15-18 teaspoons) sugar
- 240-288 calories