

RETHINK YOUR DRINK!

Use this guide for some lower-sugar options to help quench your thirst!

Fruit-Infused Water

Add fresh fruit and/or herbs to your water for a naturally sweet flavor!

Recommended Combinations

- Lime + Cucumber + Mint
- Watermelon + Basil
- Blueberry + Thyme



Bubble Lovers

Try sparkling water or seltzer instead of soda. They come in many flavors or you can add a splash of your favorite juice to plain seltzer for your own fruit-flavored option.

Tip: Check the ingredients label for sugar-free or no added sugar.



Coffee Shop Drinks

Many coffee beverages contain a lot of added sugar!

Tip: Add your own sugar or sweetener, along with your favorite creamer (or dairy-alternative) to give yourself more control over your sugar intake.

Not a coffee fan?

Try unsweetened hot or iced tea!



Is Juice Healthy?

Make sure the nutrition label says 100% fruit or vegetable juice with no added sugar.

Tip: Diluting your favorite juice with water can reduce the sugar content while satisfying the flavor craving and saving you money!



Reminder: Adults should limit their juice consumption to 8 oz. or less per day

Cutting back on sugar-sweetened beverages takes planning. Here are some tips:

- Start with a 50/50 combination of unsweetened & sweet tea, seltzer & soda, or water & fruit juice.
- Gradually cut back over time by adjusting the ratio to include less of the sugar-sweetened drink or juice.

