



Sip Smart



Making Better Beverage Choices for the Whole Family

When it comes to healthy eating, most of us focus on what's on the plate. But what's in your cup can matter just as much. Beverages can hydrate, refresh, and even deliver nutrients—but they can also add up quickly in sugars, fats, and sodium.

The Sneaky Sugar Trap

Did you know one 12-ounce can of soda contains about **9-10 teaspoons of sugar**? If you have one a day, that adds up to **70 teaspoons a week** or more than **34 pounds of sugar in a year!** Even fruit drinks and flavored coffees can pack in surprising amounts of sugar.

Instead of just counting calories, check labels for serving sizes and added sugars. Even “healthy sounding” drinks can contain sweeteners or extra flavorings. A few beverage swaps can make a big difference for your family's health and energy.

Healthy “Go-To” Choices

Rather than thinking about “this instead of that,” make healthy beverages the easy, everyday options:

Water

Plain is perfect, but if that feels boring, try:

- Adding lemon, cucumber, or berry slices
- Choosing naturally flavored sparkling water
- Serving in fun cups or with silly straws for kids

Smoothies

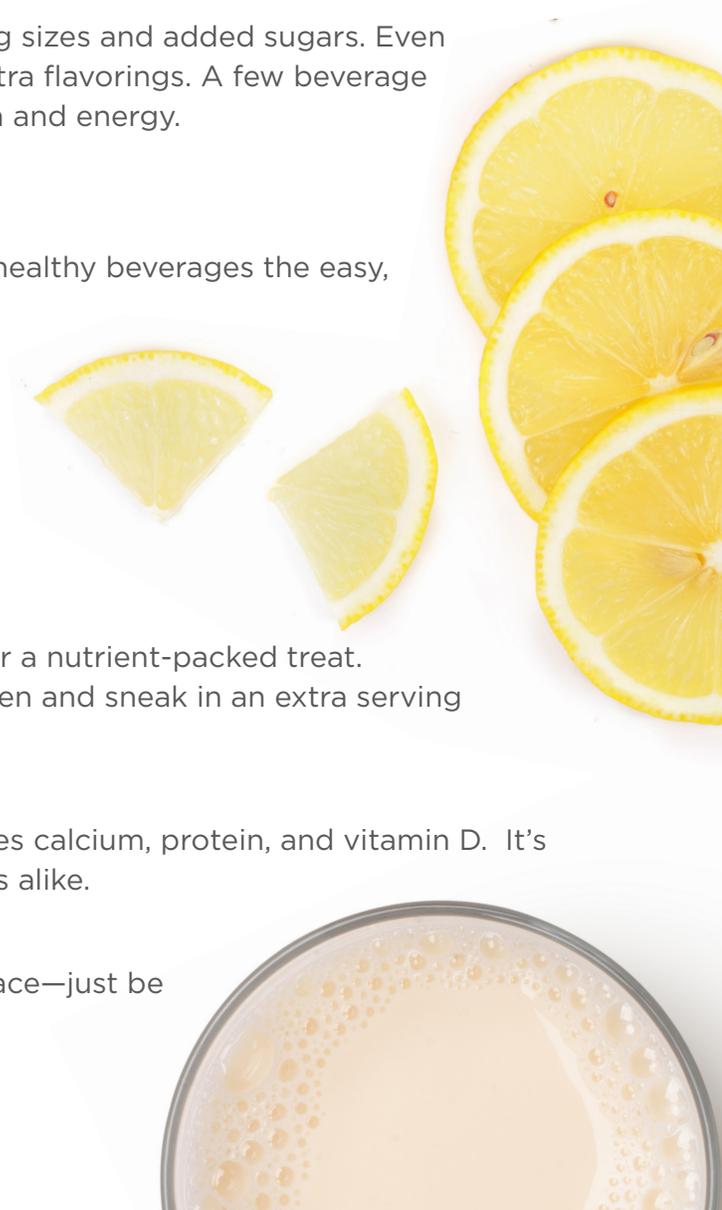
- Blend fruit, veggies, and low-fat yogurt or milk for a nutrient-packed treat. This can be a fun way for kids to help in the kitchen and sneak in an extra serving of fruits and vegetables.

Milk

- Low-fat or unsweetened plant-based milk provides calcium, protein, and vitamin D. It's a smart choice for kids' growing bones and adults alike.

Coconut Water

- Naturally hydrating and a refreshing change of pace—just be sure to choose unsweetened varieties.





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Drinks to Limit or Save for “Sometimes”

No need to say never, but these beverages are best kept for special occasions:

- Fruit Juice - Stick to 100% juice and keep it to one small serving a day.
- Soda and Sweetened Drinks - Save for celebrations, not daily hydration.
- Caffeinated Drinks - Not recommended for kids, and too much isn't great for adults either.
- Toppings and Add-Ins - Whipped cream, sugary syrups, and chocolate drizzles pile on extra sugar and fat. Try a sprinkle of cinnamon or a little low-fat froth instead.

Smart Habits on the Go

Carry a reusable water bottle when you're out and about. Having water on hand makes it less tempting to grab a sugary drink for convenience. At home, keep healthy options visible and easy to reach in the fridge.

