

ARE YOU DRINKING YOUR CALORIES?

SMART DRINK OPTIONS

- >> The # 1 choice is water.
- >> Limit fruit juice to 6 ounces a day.
- >> Limit soft drinks, fruit drinks and sport drinks that contain high amounts of sugar.
- >> Choose fat-free or 1% milk.

LABEL LOGIC

Here's how to tell what you're really drinking:

- >> Many bottles have more than one serving.
- >> Find the bottle's Nutrition Facts label on the back of the bottle.
- >> Multiply the number of servings by each nutritional fact to find out how many calories, grams of sugar, salt and carbohydrates you're drinking.

