

BALANCE YOUR BEVERAGE CHOICES



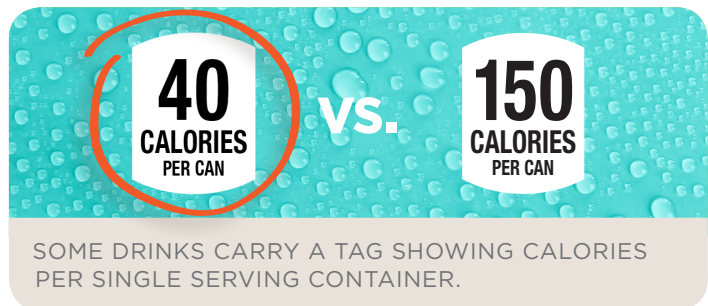
LEARN TO READ BEVERAGE LABELS AND BALANCE YOUR PORTIONS TO MAKE CHOICES THAT SUIT YOUR TASTE. JUST FOLLOW THESE STEPS.

Be Clear on Calories

- ✓ Mix 100% juice and seltzer water to make your own fizzy drink with fewer calories.
- ✓ Choose no- or low- calorie versions of your favorite drinks.
- ✓ Use other clues on the label such as “unsweetened.”

Balance your Portions

- ✓ Compare the serving size to how much you usually drink.
- ✓ Buy smaller sizes of your favorite drinks.
- ✓ Stretch what you buy. Pour a single serving size into a separate cup before you drink it.



Be Creative!



- ✓ Add low-cost flavor to your water with a slice of cucumber, a squirt of lemon juice or other fruits or mint leaves.

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