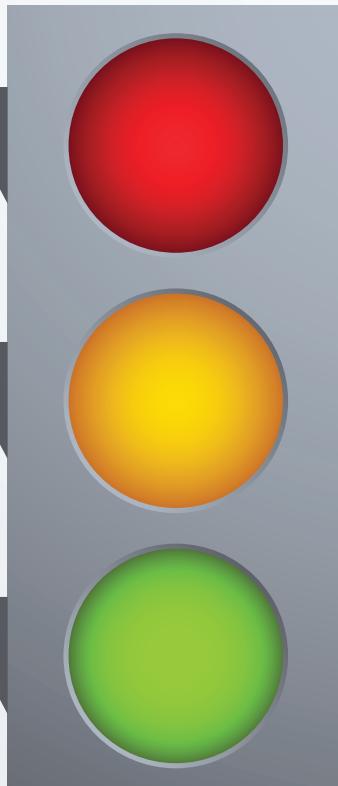


# Make every sip count

A **healthful diet** takes into consideration both the foods you eat and the liquids you drink. People often forget about the calories, sugar, and other ingredients in beverages. Use this approach to rethink your drink.



## Drink rarely

- Regular soda
- Energy/sports drinks

- Sweetened coffee/tea
- Sugar-sweetened beverages

## Drink occasionally

- Diet sodas
- 100% juice

- Low-calorie, low-sugar drinks
- Alcohol

## Drink plenty

- Water
- Unsweetened coffee/tea

- Skim or 1% milk
- Unsweetened flavored water

*Created in partnership with the McLean County Wellness Coalition.*



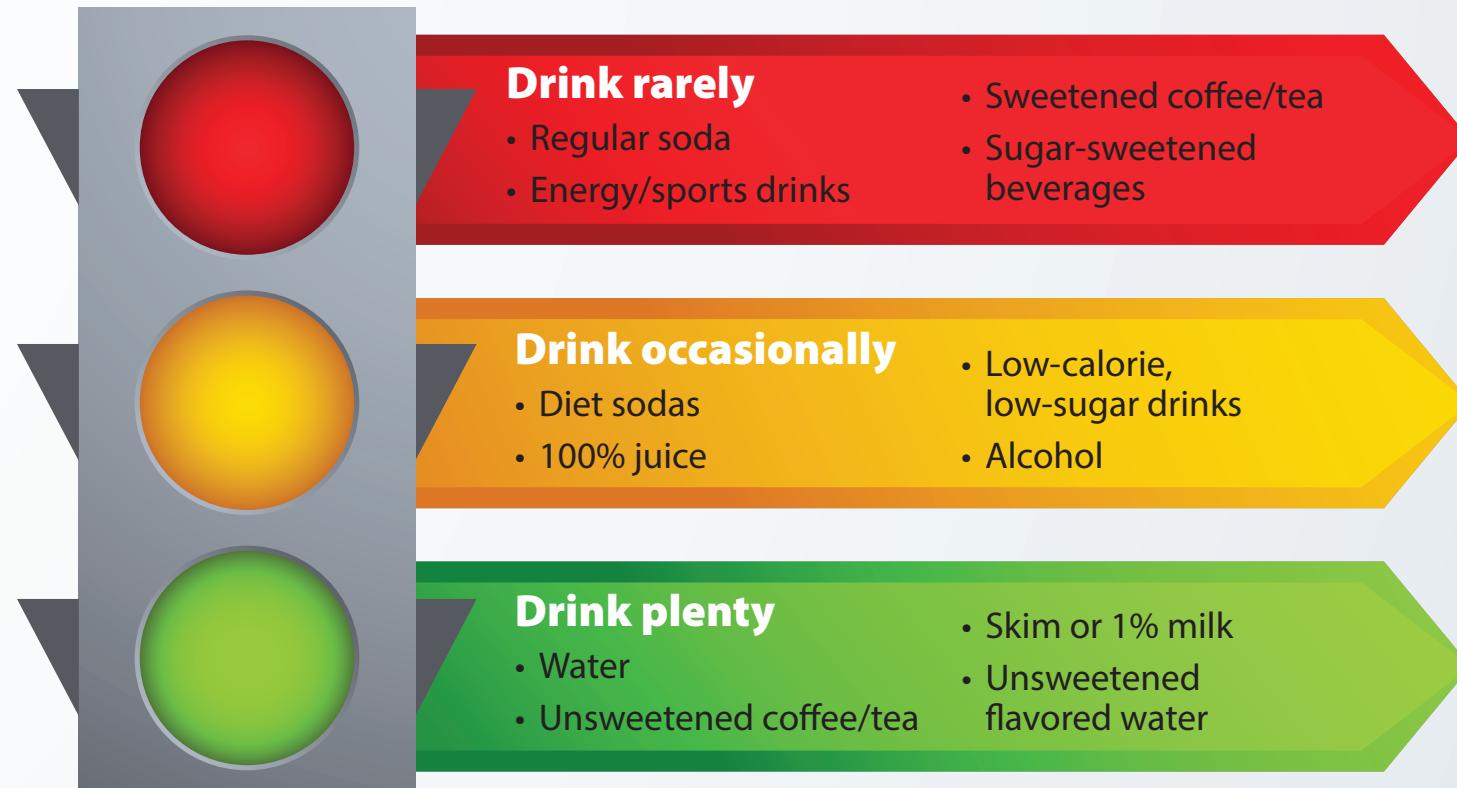
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