

**HEALTHY
TIPS**



Drink Think

Choose **POWER BEVERAGES**

There's much talk about sugary beverages and their link to obesity. How do you make good choices about the drinks you choose for yourself and your family? Let's look at the facts and some powerful suggestions!

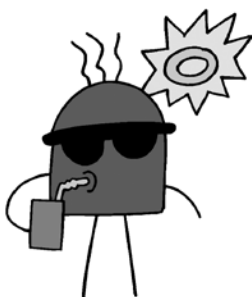
Enjoy the beverages you drink but also remember they can serve as important sources of fluid and nutrition for your body. Choose taste and nutrition! Drink low-fat milk and water for your beverage choices. These "power" drinks can serve as your foundation through the day!

Kids and families have so many beverage choices these days. The downside is that many choices like sodas and fruit flavored juice drinks are high in added sugar and low in nutritional value. It's easy to fill up on sweetened drinks and skip low-fat milk, 100% juices, water and healthy foods too. Although sports drinks and drinks with artificial sweeteners don't add calories, they don't offer the healthy power of milk and water.

To keep on track with healthy beverage choices try these tips to keep it interesting!

- Mix low-fat milk in a blender with a touch of chocolate, strawberry, or malt to make a healthy milkshake.
- Try different mixes of 100% juices you can find in the grocery store. Serve over crushed ice like a slushy.
- Experiment with the different flavored waters available to find a favorite.

Create a healthy foundation for your body. Make powerful choices with low-fat milk and water.



Explore Healthy Beverages

Try a flavored water taste test with your family or kids in the neighborhood! Select and flavor water with a variety of juices, such as cherry, Concord grape, cranberry, or peach nectar. Using individual paper cups, let kids taste and rank their favorites. For fun, don't tell kids the juice they are trying and ask them to guess!

