

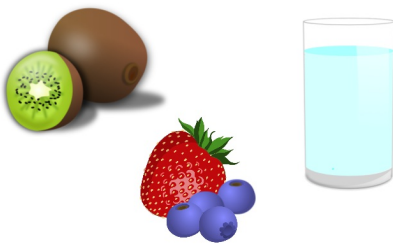
Healthy Thirst Quenchers

Need some tasty drink ideas? Try these healthy thirst quenchers!

Create an exciting twist on your usual water routine by flavoring your water with fruits, veggies, and herbs! Add any amount of your favorite fruits, veggies, and herbs to water or seltzer and drink immediately or infuse for 1-2 hours. Make sure to keep your drink refrigerated or on ice to prevent spoilage. See below for some tasty drink combinations.

Very Berry Water

Kiwi + Berries + Water



Lovely Lavender Water

Lemon + Lavender + Water



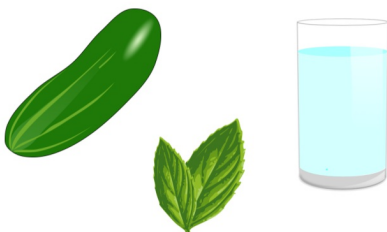
Super Citrus Water

Orange + Lemon + Water



Cucumber Spa Water

Cucumber + Mint + Water



Lemon Ginger Fizz

Ginger + Lemon + Seltzer Water



Merry Melon Water

Rosemary + Watermelon + Water



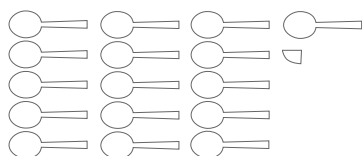
What's in your DRINK?

 = 1 teaspoon of sugar  = 1 teaspoon of fat



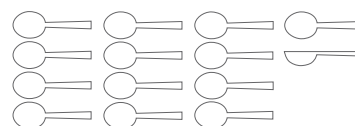
COLA

20 ounces =
240 calories
16 $\frac{1}{4}$ teaspoons of sugar



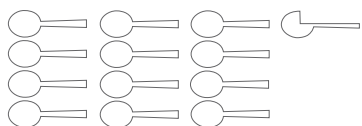
ENERGY DRINK

16 ounces =
200 calories
13 $\frac{1}{2}$ teaspoons of sugar



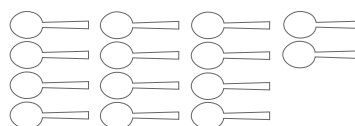
FRUIT JUICE DRINK

16 ounces =
210 calories
12 $\frac{3}{4}$ teaspoons of sugar



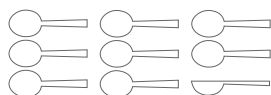
100% ORANGE JUICE

16 ounces =
240 calories
14 teaspoons of sugar



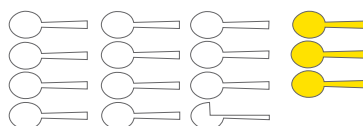
SPORTS DRINK

20 ounces =
130 calories
8 $\frac{1}{2}$ teaspoons of sugar



BLENDED COFFEE DRINK with Whipped Cream

16 ounces =
380 calories
11 $\frac{3}{4}$ teaspoons of sugar
3 teaspoons of fat



Sugary drinks are one of the main causes of weight gain and obesity.

Choose these healthy options instead:

- Water, mineral water (sparkling or still)
- Coffee, plain or with a teaspoon of sugar and nonfat or 1 percent milk
- Tea, hot or iced, plain or with a teaspoon of sugar