

# Hydration: Rethink Your Drink



**Making healthy eating choices does not just involve food, consider what you drink.**

Here is some information to help you make healthy drink choices:

## Water

**Choose water first.** It helps to keep you hydrated and has no calories. Carry a water bottle with you, keep a pitcher of water in your fridge, try adding fruit or herbs for natural flavoring or try sparkling water.

## Avoid drinks with added sugars

This includes: soda, energy drinks, fruit drinks, sweetened tea and coffee, and sports drinks. Calories and sugar add up fast. Read the label to find out how much sugar is in your drink. Limit added sugar to 25g/day for females and 36g/day for males.

## Milk

Reach for low-fat (1%) or fat-free unflavored milk or milk alternatives like almond, soy or oatmilk. Look for milk alternatives that are fortified with calcium, vitamin A and vitamin D.

## Coffee/Tea

Coffee and tea can both be included in a healthful meal plan. Limit the amount of sugar and creamer you add at home. At coffee shops, find nutrition information for each drink and limit highly sweetened drinks like lattes or mocha.

Don't forget to sign up for ManageWell Nutrition Coaching. You will earn 20pts.