

# Choosing Healthier Drinks

Be mindful about drink choices because drinks often contain large amounts of sugar and no nutritional value. In general, water is the best choice, but diet or zero-sugar options of other drinks are preferable.

Juices can be tricky, because even though they are often marketed as 100% juice, they still contain a lot of sugar – nearly as much as a regular soda. Regular sports drinks are also sugary. These drinks can be helpful for long periods of exercise, but outside of extended periods of exercise they are not needed. Zero-calorie sports drinks are a no-sugar alternative.

It is best to reserve “regular” drinks for special occasions. Avoid keeping “regular” drinks in the home, because if they aren’t there, we can’t drink them.

**Here are some examples of sugary drinks that we should *try to minimize*:**



**Here are some examples of drinks *without sugar*. Again, water is best!**

