

Rethink Your Drink!

Did you know...

...1 in 4 Hawai'i teens are overweight or obese?

...Sugary drinks are actually the largest single source of excess calories in our diet...Gross!

...Hawai'i, don't drink yourself fat...
drink WATER...
for the HEALTH of it!



#1 Drink WATER

At least half of your drinks should be water. Yes, HALF! This equals 5-6 cups of water per day. Try drink more!! Even better!!

Did you know that 100% of your body's fluid needs can be met with water? Tap water is just as good as bottled water, it's local, easier on the environment, and it's CHEAPER. Oh Yeah!!



#2 Drink your Calcium and Vitamin D

- Milk is a great source of Calcium and Vitamin D. Many of us don't get outside enough during the day, which makes it hard to get enough Vitamin D
- Choose skim or low-fat (1%) milk
- Drink up to 2 glasses a day



#3 Unsweetened Drinks

Check this out! If you don't feel like drinking water, choose UNsweetened beverages. Check the **Nutrition Facts Panel** on the container - under "Sugar" it should read "0 g" (Zero grams).

Here are some healthy and TASTY ideas:

- Seltzer water adds "sparkle" - Oo lala!
- Add a squeeze of lemon, lime, calamansi or other fresh fruit for flavor
- Fresh cucumber or fresh mint can really make water taste FRESH!!
- Sugar-free or Zero "diet" drinks are made with artificial sweeteners. Even though these don't have sugar, word on the street is these drinks are not the healthiest choice. But... if you do choose to drink them, try to limit to 1-2 small glasses (1 glass = 8 ounces) a day
- Tea and Coffee



#4 Stay AWAY from:

- Regular sodas
- Sweetened teas and coffees
- Sports drinks, Energy drinks
- Fruit punch
- Sprunch – soda mixed with fruit punch
- Other canned and mixed fruit drinks
- Smoothies made from concentrated juices
- High sugar whipped coffees and chai drinks
- Flavored waters with sugar **added**
- Flavored milks (chocolate milk)
- Slurpees or Slushies