

Make Every Sip Count

Drinks can impact health.

Sugary drinks may cause weight gain and cavities, especially for children. Over time, drinking sugary drinks may lead to obesity, type 2 diabetes and heart disease.

Beverage choices matter.

Drink water to stay hydrated. Drink nutrient-packed beverages like low-fat (1%) or fat-free milk to boost your nutrition.

Choose water most often.

Drinking tap water with ice saves money. For flavor, add sliced fruit or cucumber.

Milk nourishes your body.

Aim to consume 2–3 servings of dairy such as low-fat (1%) or fat-free milk, yogurt, cheese or fortified soy beverage, to help build strong teeth and bones and refuel muscles.

Drink juice in small amounts.

Choose whole fruit most often. If you drink juice, make sure it is 100% fruit or vegetable juice and limit to ½ cup for children and one cup for adults per day.

Search ChooseMyPlate.gov for more “better beverage” ideas.



What’s in Your Drink? Read the Label

Find the serving size.

One container isn’t always one serving. This label shows 2 servings. How many calories would that be? (210 calories)

Limit added sugars.

- No more than 50 grams for adults each day (12 teaspoons).
- No more than 25 grams for children each day (6 teaspoons).

1% Low-fat milk

Nutrition Facts		
2 servings per container		
Serving size	1 cup (240mL)	
Amount Per Serving	105	
Calories		
% Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	130mg	5%
Total Carbohydrate	13g	4%
Dietary Fiber	0g	0%
Total Sugars	12g	
	includes 0g of Added Sugars	0%
Protein	8g	
Vitamin D	2.5mcg	15%
Calcium	300mg	25%
Iron	0.12mg	0%
Potassium	400mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Choose Most Often

Drinks with **no** added sugars

- Water
- Low-fat (1%), fat-free or lactose free milk
- Fortified plain soy beverages
- Unsweetened tea or coffee

Drink Less Often

Drinks with added sugars

- Soda
- Sports drinks
- Fruit drinks
- Energy drinks
- Sweetened and/or blended coffees

All of these drinks have more than the limit of 25 grams of added sugars for children. Some may have up to 50 grams of added sugar.