



# Choose Healthy Drinks

# Choose Healthy Drinks

- Adults need about 9–12 cups (2.25–3 L) of fluid each day.
- Water is the best choice to meet your fluid needs.
- Milk and Alternatives provide calcium, vitamin D and protein.



# Limit Drinks With Added Sugar

- Drinks with added sugar cause tooth decay and add extra calories.
- Adults should have **no more than 13 tsp (50 g) of added sugar per day.**

1 (355 ml) can of regular pop has 10 tsp of sugar.



# Limit Drinks with Added Fat

- Coffee creamers, coffee cream or whipping cream have saturated fat.
- Saturated fats can raise your bad cholesterol which increases your risk for heart disease and stroke.
- Higher fat drinks are: coffee drinks with creamers, coffee or whipping cream, frozen coffee drinks, bubble teas, and milk shakes.
- Choose plain drinks or those made with milk instead of cream.

