



staying HYDRATED

DRINK WATER INSTEAD OF SUGAR-SWEETENED BEVERAGES. REGULAR SODA, ENERGY OR SPORTS DRINKS, AND OTHER SWEETENED DRINKS USUALLY CONTAIN A LOT OF ADDED SUGARS.

CARRY A CLEAN, REUSABLE WATER BOTTLE IN YOUR BAG TO FILL UP THROUGHOUT THE DAY. TAP WATER IS USUALLY EASY TO FIND.

PERK UP YOUR PLAIN WATER OR SELTZER WATER WITH LEMON, LIME, OR ORANGE SLICES. MAYBE EVEN TRY SOME FRESH MINT LEAVES OR A FEW FRESH OR FROZEN BERRIES.

USE THE NUTRITION FACTS LABEL WHEN SHOPPING FOR BEVERAGES. CHECK AND COMPARE CALORIES, AMOUNTS OF ADDED SUGARS, AND SERVINGS PER CONTAINERS.

SOURCE: [HTTPS://WWW.MYPLATE.GOV/TIP-SHEET/MAKE-BETTER-BEVERAGE-CHOICES:](https://www.myplate.gov/tip-sheet/make-better-beverage-choices)



**FOOD
WISE**
Healthy choices, healthy lives.

UW-MADISON EXTENSION

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program- SNAP and Expanded Food and Nutrition Education Program - EFNEP.

The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.

You may request an interpreter, materials in an alternative language or format, or other services to make this more accessible, by contacting Kimberly Lafler at kimberly.lafler@wisc.edu or (920)386-3790. There's no added cost to you for these services.



elija mejores OPCIONES DE BEBIDAS

BEBA AGUA EN LUGAR DE BEBIDAS ENDULZADAS CON AZÚCAR. LOS REFRESCOS NORMALES, LAS BEBIDAS ENERGÉTICAS O DEPORTIVAS Y OTRAS BEBIDAS ENDULZADAS SUELEN TENER UNA GRAN CANTIDAD DE AZÚCARES AÑADIDOS.

LLEVE UNA BOTELLA DE AGUA REUTILIZABLE Y LIMPIA EN SU BOLSO PARA LLENARLA DURANTE EL DÍA. EL AGUA DE LLAVE SUELE SER FÁCIL DE ENCONTRAR.

REAVIVE SU AGUA CORRIENTE O CARBONATADA CON RODAJAS DE LIMÓN, LIMA O NARANJA. TAL VEZ HASTA PUEDE PROBAR CON ALGUNAS HOJAS DE MENTA FRESCA O ALGUNAS BAYAS FRESCAS O CONGELADAS.

USE LA ETIQUETA DE INFORMACIÓN NUTRICIONAL CUANDO COMPRE BEBIDAS. REVISE Y COMPARE CALORÍAS, CANTIDADES DE AZÚCARES AÑADIDOS Y PORCIONES POR ENVASE.

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