



5 TIPS TO DRINK MORE WATER

AND FEWER SUGAR-SWEETENED BEVERAGES

Here's a fun, healthy idea, which takes just 5 minutes and can impact your own physical, mental, and social well-being and the well-being of your colleagues.

Take 5 minutes or less to do one or all of these things each day. In no time, you'll find yourself drinking healthier and dropping liquid calories.

Find more resources to keep you and your colleagues active and eating well at [HealthierGeneration.org](https://www.healthiergeneration.org)



5 TIPS TO DRINK MORE WATER

1.

Keep Water Handy

Bring a water bottle with you to school. If a water bottle is near you, you probably will not wait until you are thirsty to hydrate.

2.

Jazz It Up!

Add a squeeze of lemon or lime juice, orange or grapefruit slices, frozen berries or sprig of mint to add natural flavor.

3.

Identify Your Unhealthy Drinks

Most people don't realize that the drinks they are consuming contain "empty calories." We all know about soda, but other sugar-sweetened beverages like flavored drinks and fruit juices can add unwanted sodium and sugar to your diet. Fruit juices are misleading because they add more sugar to the fruit juice, but without the benefits of naturally occurring nutrients. Identify these unhealthy drinks and replace them with 100-percent fruit juice, low-fat unflavored milk and water.

4.

Read the Label

The drinks you buy will tell you what ingredients they contain. However, the ingredients your body doesn't need are not always so easy to identify. Increase your healthy vocabulary and learn all the different ways that products label "sugar."

- agave
- evaporated cane juice
- fructose
- cane sugar
- fruit juice
- honey
- corn sweetener
- concentrate
- maple syrup
- corn syrup
- high-fructose corn syrup
- molasses
- sucrose

5.

Increase Produce Consumption

Remember that water is found in fruits and vegetables, so by increasing the produce you consume, you will be keeping better hydrated, too.