



Healthy Beverage Guide

Use this quick guide to make hydration choices that support everyday health.

A SIMPLE WAY TO CHOOSE

Choose most often	Choose thoughtfully	Limit
Water Plain, cold, sparkling, or naturally flavored without added sugar.	Milk or fortified alternatives Can provide nutrients; compare labels for added sugar and fortification.	Sugary drinks Soda, sweet tea, fruit drinks, energy drinks, and other drinks with substantial added sugar.
Water with fruit or herbs Try lemon, lime, berries, cucumber, mint, or orange slices for flavor.	100% juice Provides nutrients but is easy to drink quickly; whole fruit usually adds more fiber.	High-caffeine drinks Caffeine amounts vary. Energy drinks are not appropriate for children and adolescents.

READ THE LABEL

- **Serving size:** Check whether the bottle contains one serving or several.
- **Added sugars:** Compare similar drinks and favor options with little or no added sugar for routine hydration.
- **Caffeine:** Look for the amount when listed, especially in coffee drinks, teas, sodas, and energy products.
- **Sodium:** Sports drinks can contain sodium and carbohydrate; they may be useful during prolonged, vigorous exercise but are usually unnecessary for routine daily sipping.

MAKE WATER MORE APPEALING

1	Chill it. Keep a filled bottle cold and ready to grab.
2	Add flavor naturally. Fruit, herbs, or cucumber can change the taste without adding much sugar.
3	Pair it with routines. Drink water with meals, after waking, and before or after activity.

For young athletes: Water is usually appropriate for shorter or lighter activity. During long, vigorous activity or heavy sweating, a coach, athletic trainer, parent, or healthcare professional can help determine when an electrolyte-containing drink is appropriate.