Did You Know?

If you have 100 calories more than you need every day, you can gain 10 pounds a year. The average sugary drink has about 150 calories. By having one of these drinks every day that you do not burn off, you could gain **15 pounds** in one year!

Drinking one 12-pack of sodas a week without burning off the calories would lead to a weight gain of 1 pound in two weeks. In one year, that would add up to **28 pounds**!
Better Drink Choices

* **Fruit Juice mixed with Club Soda**
  Mix ¼ cup of fruit juice with ¾ cup club soda.

* **Flavored Fruit Tea**
  Brew your own tea at home. Use 2 fruit flavored tea bags to brew a double strength tea, add ice.

* **Low-Fat or Skim Milk**
  Low-fat and skim milk make a great alternative for sugary drinks. Milk is a great source of calcium and protein.

* **Fruit Juice Ice Cubes**
  Pour your favorite fruit juice into ice cube trays, then pop them into the freezer to make fruity ice cubes to flavor your water.

* **Homemade Flavored Water**
  Add a combination of cut up fruits to a pitcher of water.

* **Water**
  Always the best choice for your body!

* **Diet or Sugar-Free Drinks**
  A better choice than regular sugary drinks