



Individuals

Choosing Healthier Beverages

Drink Charlotte tap water.

- ◆ It's clean, great tasting, calorie-free and costs a lot less than bottled drinks.

Make water convenient.

- ◆ Carry a refillable water bottle, chill a pitcher in the fridge and place it on the table at all meals, and keep a tall glass of water nearby at work and at home.

Remember dairy.

- ◆ Low-fat (1%) or fat-free (skim) milk is a good, healthy choice. If you don't like dairy, try unsweetened alternatives such as soy, rice, or almond milk.

Reduce the temptation.

- ◆ If you don't buy them, you won't drink them. Out of sight, out of mind.

Make a list.

- ◆ Make a list of reasons for cutting back on sugar. This may help you stay motivated.

Craving something sweet?

- ◆ Add cucumbers or fruit, such as lemons, berries, and melons to your water. Infused water is refreshing and tasty!
- ◆ Drink a little (1/2 cup) fruit and/or veggie juice.
- ◆ Dilute 100% juice with water to cut down on calories and sugar.
- ◆ Make ice cubes out of 100% fruit juice and add a couple to your water.

Craving something carbonated?

- ◆ Choose carbonated water or sparkling seltzer water, which comes in many natural and fruity flavors.
- ◆ Make your own spritzer by adding a splash of 100% juice to sparkling water.

Need energy?

- ◆ Choose flavorful teas with caffeine. Need more sweetness? Add a couple drops of honey!
- ◆ Choose unsweetened coffee. Still need sugar? Start by cutting the amount of sugar you add in half and gradually decrease from there.

Reduce portion sizes.

- ◆ When water or other healthier options won't do, enjoy the beverage of your choice, but choose smaller cans, cups, or glasses.

For more information visit
www.iHeartWaterNC.com

