Choose water first. Nothing tastes better than a glass of cold water.

- Try water with a twist of flavor and ice. Add lemon, lime, orange or cucumber slices.
- In the mood for fruit juice? Pour half a glass of fruit juice. Then fill the other half with seltzer or water.
- Buy drinks with labels that say ‘no added sugar’ or ‘unsweetened.’
- Order a small drink at the movies. A large soda cup contains up to 4 cans of soda!
- At the coffee shop, go for regular coffee. Avoid the specialty drinks and extra flavoring (vanilla, mocha, caramel). If you do buy a specialty drink, order a small size, without the whipped cream.

What do you drink when you are thirsty on a hot summer day?

If your favorite beverages include sodas, juices, sports drinks and specialty coffees, think before you drink!

These drinks are often made with lots of added sugars, which can cause you to gain unwanted weight. Over time, weight gain can lead to obesity, with the risk of type 2 diabetes and heart disease.

Challenge yourself this summer.
Cut down on your favorite sugary beverages and choose healthier alternatives.