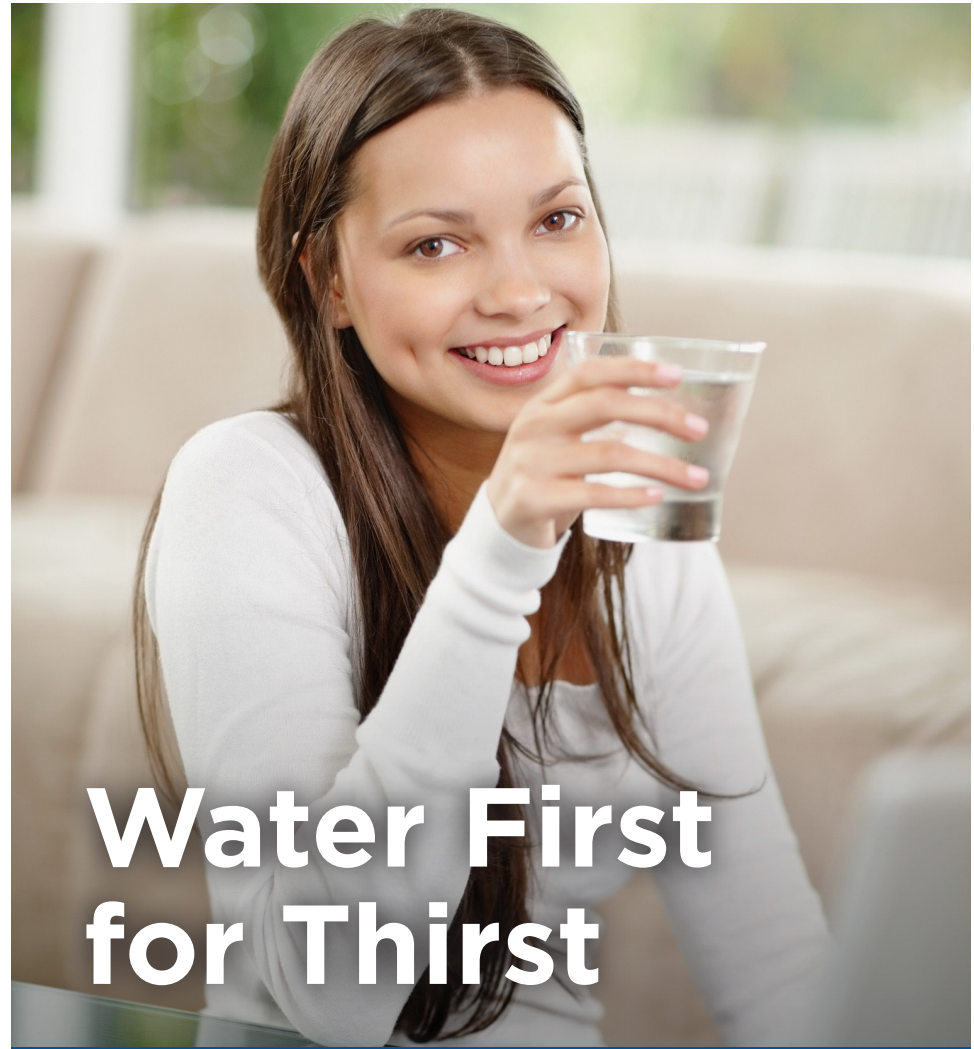




Water First for Thirst

Healthier drinks for
a healthier life.



Water First for Thirst

Healthier drinks for
a healthier life.

Water First for Thirst

Healthier drinks for a healthier life.

Water:

- Make water your first choice when you are thirsty.
- Drink water with meals and snacks to limit calories from beverages.
- Carry a refillable water bottle with you.

Swapping sugary drinks for water can help you cut calories and lose weight.

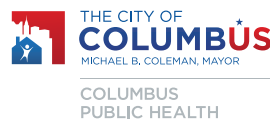
Sugar Sweetened Beverages:

Sugar sweetened beverages have lots of added sugar and are high in calories which can contribute to weight gain and increase the risk of Type 2 Diabetes.

- Avoid sugar sweetened beverages including soda, sports drinks, energy drinks, sweetened tea, flavored milk, etc.
- Use the nutrition facts label to learn how much sugar, calories and servings are in one bottle or can.
- Limit 100% fruit juice to no more than 4-6 ounces per day. Juices contain almost as many calories as soda.



Columbus Public Health
240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Division of Prevention and Health Promotion, Bureau of Healthy Ohio, Creating Healthy Communities Program. This resource was supported by Grant Number O2520014CC0615 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

Water First for Thirst

Healthier drinks for a healthier life.

Water:

- Make water your first choice when you are thirsty.
- Drink water with meals and snacks to limit calories from beverages.
- Carry a refillable water bottle with you.

Swapping sugary drinks for water can help you cut calories and lose weight.

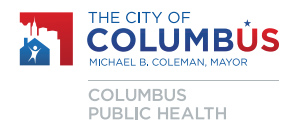
Sugar Sweetened Beverages:

Sugar sweetened beverages have lots of added sugar and are high in calories which can contribute to weight gain and increase the risk of Type 2 Diabetes.

- Avoid sugar sweetened beverages including soda, sports drinks, energy drinks, sweetened tea, flavored milk, etc.
- Use the nutrition facts label to learn how much sugar, calories and servings are in one bottle or can.
- Limit 100% fruit juice to no more than 4-6 ounces per day. Juices contain almost as many calories as soda.



Columbus Public Health
240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov



Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Division of Prevention and Health Promotion, Bureau of Healthy Ohio, Creating Healthy Communities Program. This resource was supported by Grant Number O2520014CC0615 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.