



Water First for Thirst

Healthier drinks for
a healthier life.



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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



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