

Beverages



MAKE EVERY SIP COUNT
Drink natural, nutrient-packed beverages

Drink Less Often



SODA



**SPORTS
DRINKS**



**WHOLE
MILK**

Choose Most Often



MILK

Low-fat or fat-free



WATER

Flavor with fruit



100% JUICE

Only 4–6 ounces per day for young children

What's in your drink?
Read the label.

Nutrition Facts

Serving Size 8 fl oz (245g)
Servings Per Container 3

Amount Per Serving	
Calories 170	Calories from Fat 20
%Daily Value*	
Total Fat 2.5g	4 %
Saturated Fat 1.5g	8 %
Cholesterol 5mg	2 %
Sodium 190mg	8 %
Total Carbohydrate 29g	10 %
Dietary Fiber 1g	5 %
Sugars 27g	
Protein 8g	

* Percent Daily Values are based on a 2,000 calorie diet.

- Find and understand the serving size
- Limit added sugars

Bebidas



APROVECHA CADA SORBO

Toma bebidas naturales ricas en nutrientes

Bebe Menos Frecuentemente



SODA



**REFRESCOS
DEPORTIVOS**



**LECHE
ENTERA**

Escoge Más Frecuentemente



LECHE

Baja en grasa
o sin grasa



AGUA

Con sabor a fruta



100% JUGO

Solamente de 4 a 6
onzas al día para los
niños pequeños

**¿SABES QUÉ
CONTIENE TU
BEBIDA?**

Lee la etiqueta.

Nutrition Facts

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- Busca y entiende el tamaño de la porción
- Limita la cantidad de azúcares añadidos