



# Rethink Your Drink

## Choose Water First

Calories from sugary drinks add up fast! Almost half of all sugar consumed in the U.S. comes from sugary drinks. Choosing water instead of beverages that contain sugar is a great first step in an overall healthy diet.

### Tips for drinking more water

**Flavor it** – Add fruit to your water such as lemons, limes and oranges. Cucumber, watermelon and herbs are also delicious options.

**Make it a routine** – Drink water first thing in the morning or set a timer to remind you to drink a glass of water every time it goes off.

**Drink throughout the day** – Drink water at meal and snack times.

**Take it to go** – Fill a clean, reusable water bottle and toss it in your bag to quench your thirst throughout the day.

**Keep it nearby** – Keep water at your desk or work area.

For a tangy taste, try mixing lemon slices in your water!



Beverage Recipes



For fun ways to Rethink Your Drink, visit [www.CalfreshHealthyLiving.org](http://www.CalfreshHealthyLiving.org)



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