

Rethink Your Drink

Sugary drinks are the leading source of added sugars in the American diet. People who drink sugary drinks often are more likely to experience health problems such as weight gain, obesity, type 2 diabetes, heart disease, cavities and gout, a type of arthritis.

Water for the Win!

Choose water instead of sugary drinks. This can be tap water or unsweetened bottled or sparkling water. Need more flavor? Add berries or slices of lime, lemon or cucumber to water. Keep a jug or reusable bottles of water in the fridge.

Coffee Shop Swap

Skip the flavored syrups and whipped cream. Ask for coffee with low- or fat-free milk or unsweetened milk alternatives such as soy or almond. You could also get back to basics with black coffee.

Nutrient-dense Drinks

If water just won't do, reach for drinks that contain important nutrients like:

- Low- or fat-free milk
- Unsweetened, fortified milk alternatives
- 100% juice

Missing the fizz?

Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.

On the go?

Carry a reusable water bottle and refill it throughout the day. Still thirsty? Learn how to [drink more water](#).

Do you know how many teaspoons of sugar are in some popular beverages? Test your knowledge:

https://stateoftennessee.formstack.com/forms/wfhtn_rethink_your_drink_quiz