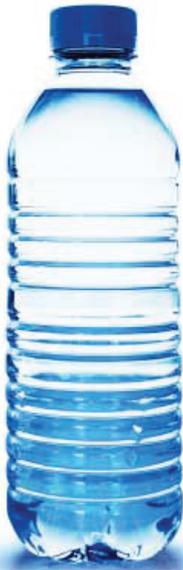


THE DOT



Sip Smarter

Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.

Re-Think Your Drink

Don't forget to choose **YELLOW** or **GREEN** when making your drink choices.

RED beverages should be chosen only once in a while or for special occasions.

I pledge to Mix It Up when it comes to my beverage choices.

Now I know which beverages are healthier choices (low-fat milk, water and 100% juice (8 oz. portion).

Keep track of portions, and limit those beverages full of calories!



GREEN almost anytime **YELLOW** sometimes or less often

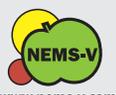
Check Out These Options for Reducing Calories in Your Beverages

Occasion	Instead of . . .	Calories	Try . . .	Calories
Morning coffee shop	Medium café latte (16 oz) made with whole milk	265	Small café latte (12 oz) made with skim milk	125
Lunchtime	20-oz bottle of non-diet soda	227	Water or diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 oz)	180	Sparkling water with natural lemon flavor (not sweetened)	0
Dinnertime	Non-diet ginger ale with your meal (12 oz)	124	Water with a slice of lemon or lime, or seltzer water with 100% fruit juice	0 calories for the water, ~30 for seltzer water with juice
Calories		796		125-155

Source: USDA National Nutrient Database for Standard Reference. <http://www.nal.usda.gov/fnic/foodcomp/search/>

Make the Best of Your Calories

Instead of filling up on high-calorie **RED** beverages, drink water and satisfy your hunger with healthy snacks. Foods with fiber (whole-grain foods, fruits, vegetables) and protein can help fill you up. Remember that **GREEN** snacks provide a serving of fruit, vegetable, whole grain or low-fat dairy.



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