

It's All About Balance: Eat Smart, Move More, Rest Well

4 Tasty Ways to Balance Your Beverages

Drink plenty of refreshing, calorie-free water.

Water does the body good. With no calories, it helps your muscles and brain stay hydrated for best physical and mental performance. It also keeps your stomach, intestines and kidneys working smoothly. This lets you digest your food and get rid of waste. How much water you need depends on your size and activity level. People who are larger need more water. So do people who are more active. Drink enough for your urine to be mostly colorless and odor-free.

Drink nutrient-rich, fat-free milk three times a day.

Milk isn't just for kids! Moms and dads need it too. Nutrient-rich dairy foods help build and maintain healthy bones and teeth for a lifetime. Dairy foods may also help build muscle mass, maintain a healthy weight and lower the risk of high blood pressure. For the most nutrients with the least fat and calories, go for skim or 1%. An 8-ounce glass at each meal is an easy way to get 3-A-Day.



Drink no more than 4 to 6 ounces of 100% fruit or vegetable juice a day.

While 100% juice can be a great source of several nutrients, it is possible to get too much of a good thing. Fruits and veggies are much better ways to get vitamins, minerals and fluids. Whole produce tends to be more satisfying, plus you get the added value of fiber and phytonutrients from the skin and pulp. Want an easy way to extend the flavor of juice? Mix pure fruit juice with sparkling water or herbal tea; add a zesty lemon or lime wedge—and maybe a sprig of mint.

Drink other beverages with care.

Notice that we have not talked about other, high-calorie beverages that cost a lot? That's because most other drinks are loaded with things we don't need. They have very little of what our bodies actually crave. Soft drinks, sweet tea, fruit drinks, sports drink and energy drinks are loaded with calories and sometimes caffeine. Fancy coffee drinks are often very high in calories, fat and sugar. Below are some ways to make smart choices.

- **Be a label reader:** Check calories, caffeine, sugar and fat **before** you drink.
- **Steer clear of the super charged energy drinks:** Watch for label warnings, since some brands have too much caffeine for youth and pregnant women. Don't drink any beverage that has alcohol mixed with caffeine.
- **Stick with small sizes or share larger ones:** Moderation is always a smart way to treat your body well.