

Healthier Thirst Quenchers

Instead of sugar sweetened beverages or diet beverages, try these healthier options:

◆ **Tap water or sparkling mineral water**

◆ **Create your own flavored water! Try adding:**

- Slices of orange, lemon, or lime and cilantro
- Seedless watermelon and basil leaves
- Fresh or frozen berries
- Cucumber slices and mint leaves
- Or make up your own recipe



◆ **Plain non-fat or 1 % milk, soymilk, or almond milk**

◆ **Cinnamon vanilla milk (“Horchata”)**

- Add 1 teaspoon of vanilla extract to plain non-fat or 1% milk
- Sprinkle as much cinnamon as desired and stir
- Optional: add all ingredients and ice into a blender for a blended drink



◆ **Make your own tea latte!**

- Choose your favorite flavor of tea
- Steep tea bag in hot water for 2-5 minutes
- Add plain non-fat or 1% milk, soymilk, or almond milk
- You can even turn your drink into an iced tea latte by adding ice

◆ **100% fruit juices diluted with water**





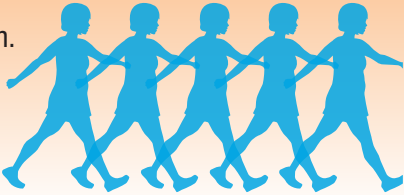





















◆ **Do you crave a cold, carbonated drink on a hot day?**

- Try chilling 100% fruit juice and adding club soda or seltzer water for a refreshing drink with less calories.

◆ **For special occasions, try this modified float recipe!**

- Add one scoop of sorbet or sherbet to club soda.

Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 Soda 227 calories 20 fl. oz.	14 tsp 	49 min. 
 Sports Drink 125 calories 20 fl. oz.	9 tsp 	27 min. 
 Energy Drink 240 calories 16 fl. oz.	15 tsp 	52 min. 
 Juice Drink 305 calories 20 fl. oz.	17 tsp 	66 min. 
 Fruit-flavored Soda 165 calories 12.5 fl. oz.	11 tsp 	36 min. 
 Vitamin-added Water 125 calories 20 fl. oz.	8 tsp 	27 min. 
 Sweetened Tea 213 calories 20 fl. oz.	14 tsp 	46 min. 
 Water 0 calories 20 fl. oz.	0 tsp 	0 min. 

Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.

United States Department of Health and Human Services, U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2005*, Table 4, Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm>. Accessed May 15, 2012.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

