

Think About What You Drink

Choose GO drinks every day!

GO drinks have important nutrients like vitamins, minerals, protein, and natural sugar. They help keep you hydrated and feeling your best. Here are some tips for including more of these healthy drinks in your day:

- Carry a reusable water bottle with you.
- Add lemon or cucumber slices to water or seltzer water for extra flavor and nutrition.
- Drink low-fat dairy or fortified non-dairy milk daily for strong bones and teeth.
- Look for juice that is labeled as “100% fruit juice”.

Drink these less often

Other common drinks, such as soda, sweetened iced teas, and coffee beverages, can have a lot of added sugar. They provide little to no nutrition. Sports drinks might be helpful when you are sweating a lot, but otherwise do not have any health benefits.



Energy drinks are not safe for children and teens

Energy drinks and other highly caffeinated beverages can lead to headaches, stomachaches, anxious feelings, and trouble sleeping. They may also be harmful to your heart.

