

REthink YOUR Drink



My Promise To Rethink My Drink:

I promise to be a role model by limiting my sweetened drinks such as:

I promise to keep my family healthy by not buying or serving sweetened drinks, such as:

I promise to:

Signature

Date

Spa Water Recipe

Fill a pitcher with cool water. Add ½ cup thinly sliced cucumber and ½ cup fresh mint leaves. Chill in refrigerator. Enjoy!

Try different combinations of flavors:

Thin slices: lemon, lime, orange, grapefruit, cucumber, apple, berries, melon, pineapple, fresh ginger

Fresh whole leaves or sprigs: mint, basil, rosemary, parsley

Nutrition Facts

Serving Size 1 can (12 fl. oz.)
Servings Per Container 1

Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 39g	
Dietary Fiber 0g	0%
Sugars 40g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

How much sugar is in your drink?

grams (g) of sugar ÷ 4 =
teaspoons of sugar

Example:

40 g ÷ 4 = 10 teaspoons
of sugar

Check the number of servings per container!

Tips for drinking more water:

- Add lemon or lime to your water
- Try the spa water recipe above
- Cold water may taste better
- Have a glass of water at the table for every meal
- Have a glass of water near you when you are working
- Drink water when you feel like snacking
- Drink water when you eat out – it's free!
- Go green and save money – take a refillable bottle of water with you

