



Individuals

Choosing Healthier Beverages

Drink Minneapolis tap water.

It's clean, great tasting, calorie-free and costs a lot less than bottled drinks.

Make water convenient.

Carry a refillable water bottle, chill a pitcher in the fridge and place it on the table at all meals, and keep a tall glass of water nearby at work and at home.

Remember dairy.

Low-fat (1%) or fat-free (skim) milk is a good, healthy choice. If you don't like dairy, try unsweetened alternatives such as soy, rice, or almond milk.

Reduce the temptation.

If you don't buy them, you won't drink them. Out of sight, out of mind.

Make a list.

Make a list of reasons for cutting back on sugar. This may help you stay motivated.

Read the nutrition labels.

It can be shocking and motivating when you learn that one drink can exceed the recommended limit for daily sugar intake. For more information, check out [Reading between the lines](#).

Craving something sweet?

- ◆ Add cucumbers or fruit, such as lemons, berries, and melons to your water. Infused water is refreshing and tasty!
- ◆ Drink a little (½ cup) of fruit and/or veggie juice.
- ◆ Dilute 100% juice with water to cut down on calories and sugar.

Craving something carbonated?

- ◆ Choose carbonated water or sparkling seltzer water, which comes in many natural and fruity flavors.
- ◆ Make your own spritzer by adding a splash of 100% juice to sparkling water.

Need energy?

- ◆ Choose flavorful teas with caffeine. Need more sweetness? Add a couple drops of honey!
- ◆ Choose unsweetened coffee. Still need sugar? Start by cutting the amount of sugar you add in half and gradually decrease from there.

Reduce portion sizes.

When water or other healthier options won't do, enjoy the beverage of your choice, but choose smaller cans, cups, or glasses.