Make better beverage choices TODAY!

**Red – Drink Least Often**
- Regular soda, energy or sports drinks
- Coffee, tea, bubble milk tea with sugar
- Fruit-flavored drinks
- Beer, alcoholic drinks

**Amber – Drink Sometimes**
- Diet soda, low-calorie sugary drinks
- 100% fruit and vegetable juices (not more than 250ml)
- Coffee, tea with less sugar
- Full-cream milk

**Green – Drink Most Often**
- Water
- Skim/low-fat milk, reduced sugar/unsweetened calcium-fortified soy milk
- Coffee, tea, herbal tea e.g. peppermint, chamomile with no sugar

**Tips to Drink More Water**
- Add slices of cucumber, wedges of orange, lemon, lime, or fresh mint to your water.
- Set a goal to drink X amount of water and then keep track.
- Keep a water bottle with you throughout the day so that you are reminded to take regular sips of water.
- Grab a glass of water before having your meals or snacks. This can help prevent you from overeating.
- Choose water over your usual high calorie sweetened beverages when having your meals.

Did You Know?
What you drink is as important as what you eat. Many beverages contain added sugars. Some offer little or no nutrients, while others may provide some nutrients but are too high in fat and calories.