# TEACHERS TAKE 5

# 5 TIPS TO DRINK MORE WATER

## AND FEWER SUGAR-SWEETENED BEVERAGES

**Here's a fun, healthy idea, which takes just 5 minutes and can impact your own physical, mental, and social well-being and the well-being of your colleagues.**

**TAKE 5** minutes or less to do one or all of these things each day. In no time, you'll find yourself drinking healthier and dropping liquid calories.

**FIND MORE** 5-minute ideas that will keep you active and eating well at **TeachersTake5.org**.

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# 5 TIPS TO DRINK MORE  WATER

**1.**

### Keep Water Handy
Bring a water bottle with you to school. If a water bottle is near you, you probably will not wait until you are thirsty to hydrate.

**2.**

### Jazz It Up!
Add a squeeze of lemon or lime juice, orange or grapefruit slices, frozen berries or sprig of mint to add natural flavor.

**3.**

### Identify Your Unhealthy Drinks
Most people don't realize that the drinks they are consuming contain "empty calories." We all know about soda, but other sugar-sweetened beverages like flavored drinks and fruit juices can add unwanted sodium and sugar to your diet. Fruit juices are misleading because they add more sugar to the fruit juice, but without the benefits of naturally occurring nutrients. Identify these unhealthy drinks and replace them with 100-percent fruit juice, low-fat unflavored milk and water.

**4.**

### Read the Label
The drinks you buy will tell you what ingredients they contain. However, the ingredients your body doesn't need are not always so easy to identify. Increase your healthy vocabulary and learn all the different ways that products label "sugar."

- agave
- cane sugar
- corn sweetener
- corn syrup
- evaporated cane juice
- fruit juice
- concentrate
- high-fructose corn syrup
- fructose
- honey
- maple syrup
- molasses
- sucrose

**5.**

### Increase Produce Consumption
Remember that water is found in fruits and vegetables, so by increasing the produce you consume, you will be keeping better hydrated, too.

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