

Water for Your Waistline AND Your Wallet



Nutrition Know-How

Water is the perfect drink — low in calories and almost always FREE! To maintain a healthy weight, sip water or other drinks with few or no calories.



You can save money by drinking water from the tap at home or when eating out.



Choose water instead of sugar-sweetened beverages such as soda, sports drinks, or non-100% juice drinks.



Substituting water for just **one** 20-ounce soda will save you about 240 calories!



Kitchen Ideas

- Make water an easy option for your kids too. Have ready-to-go containers filled with water or other healthy drinks available in the refrigerator. Send your kids to school with these healthy options for lunch instead of soda.
- Drink water with and between your meals. Adults and children take in about 400 calories per day from beverages, so drinking water can really make a difference.



Physical Fun

Fill a clean, reusable water bottle and toss it in your bag to quench your thirst throughout the day. Reusable bottles are also easy on the environment. Make sure water is always convenient and ready-to-go for you or your kids!



Tips to Drink More Water

- Add variety and fun to your water by adding a wedge of lime or lemon.
- Freeze some freezer-safe water bottles, and take one with you for ice-cold water all day long. Be sure to bring them to sporting games and practices so your kids will stay hydrated.
- Always carry a reusable water bottle with you so when you or your kids are thirsty, you'll be prepared!



For tips visit us at:



www.movemore.ext.vt.edu



www.facebook.com/vafnp

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

www.ext.vt.edu

PUBLICATION HNFE-185NP

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2013

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital family, or veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director; Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Administrator, 1890 Extension Program, Virginia State, Petersburg.