Don't forget Drinks

Being healthy and maintaining a healthy weight is achieved by balancing physical activity and food and beverage intake. Food choices are important however, studies show that many of us are drinking our way to some unhealthy habits.

Along with eating healthier and moving more, it's time to rethink your drink if you want to be the healthiest YOU, you can be!

Check out these tips for quenching your thirst and boosting your health at the same time!

Drink Plenty of Water

Your body relies on water to function properly! Staying hydrated will help you stay focused, give you energy, reduce your appetite, increase your mood, and reduce your risk of developing some cancers. The rule of thumb when it comes to water needs is to drink half your body weight (in ounces) in water. Stick with me, if you weigh 150 pounds, half of your body weight is 75. Therefore, make a goal to drink 75 ounces of water every day!

Drink Other Beverages with Care

Soft drinks, sweetened teas, fruit drinks and most sports and "energy" drinks are loaded with calories, added sugar, and even caffeine. Coffee drinks are often very high in calories, fat and sugar. Alcoholic drinks are packed with empty calories. Check labels, avoid mixing caffeinated drinks with alcohol, and enjoy everything in moderation.

Drink a Maximum of 4 to 6 ounces of Juice a Day

100% juice can be a great source of several nutrients. However, whole fruits and vegetables are a much better way to get vitamins, minerals and fluids. Some juices areal so loaded with added sugar and hidden ingredients that aren't nutritious. Be sure to check the label for 100% juice and drink it sparingly.

Drink 2-3 Cups of Milk Every Day

Milk isn't just for kids; it's essential for adults, too. Until the age of 30, you are still building bone mass. Drink 1% or skim milk to build strong bones and teeth.