

# RETHINK YOUR DRINK



- Water is one of your body's most essential nutrients. Every blood cell, tissue, and organ needs water to work properly and stay alive. Staying hydrated helps keep your brain alert, your sugar cravings at bay, and energy levels stable.
- Hydrate the healthy way by drinking water and avoiding sugary beverages. These types of drinks have a lot of added sugars but no nutritional benefits.
- Here's the amount of sugar in commonly consumed beverages.

