## Drink more water

Drinking lots of water can help your body get rid of toxins that put you at risk for diseases like cancer. Water also can help you feel full longer so you eat less and maintain a healthy weight.



## Limit sugary beverages.

Drink at least 64 oz., which is about 8–10 glasses of water, each day.

Many drinks, especially sodas and juices, pack on the sugar and calories that can add up to unwanted weight gain, increasing your cancer risk.

Drink one less soda or sugary beverage, and one more glass of water each day.

<b>▼</b> Beverage	▼ Sugar (teaspoons) 1 teaspoon = 4 grams
Water	
Tea (unsweetened - black)	Best Choice!
Coffee (unsweetened - black)	
Soy milk (unsweetened)	<b>⊣</b>
100% vegetable juice	
Flavored water (sweetened)	
Skim or low-fat milk	
Sports drink	
Soda	-0-0-0-0-0-0-0
Energy drink	-0-0-0-0-0-0-0-0
100% fruit juice	-0-0-0-0-0-0-0-0-0





Serving size for all beverages is 12 oz.