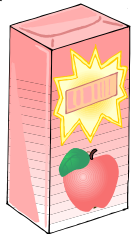




## Think Your Drink in the Summer Heat

It's hot outside and you need to drink some fluid to cool off and rehydrate. What do you choose? For rehydrating your body, plain, pure water is best. When considering other drinks, weigh the pros and cons carefully and make an informed choice. You can use the chart below to help you decide which beverage is the best choice.



Beverage	Pros	Cons
<b>Plain Water</b>	Provides fluid needed to rehydrate Provides no calories Has no additives	May not taste as good as other beverages
<b>Flavored Waters</b>	Provides fluid needed to rehydrate Provides no calories May taste better than plain water	May have additives like sweeteners or other ingredients
<b>Lemonade</b>	Tastes good Provides some fluid needed to rehydrate	May be high in sugar Provides empty calories
<b>Iced Tea</b>	Tastes good Is available in caffeine-free versions	May be high in sugar May contain caffeine which can promote dehydration
<b>100% Fruit Juice</b>	Tastes good Provides fluid needed to rehydrate Provides important vitamins and minerals	High in calories; can promote weight gain if consumed in excess
<b>Cola</b>	Tastes good Is available in calorie-free versions Is available in caffeine-free versions	May be high in sugar Can contain caffeine which can promote dehydration May provide empty calories May contain additives of concern with particular health conditions
<b>Iced Coffee</b>	Tastes good Is available in caffeine-free versions	Can contain caffeine which can promote dehydration May provide empty calories
<b>Sports Drinks</b>	Provides fluid needed to rehydrate Provides electrolytes which may have been lost through sweat May provide some energy Great for heavy exercisers	Generally unnecessary for most people based on the fluid losses experienced May provide excess calories which can promote weight gain
<b>Alcoholic Beverages</b>	Tastes good May be cool and refreshing	May actually promote dehydration Provides empty calories May be high in calories; can cause weight gain if consumed in excess

