



## MAKING IT EASIER TO CHOOSE HEALTHY

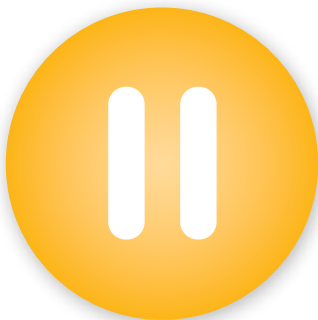
As part of our mission to help people live their healthiest, we're making it easier to choose healthy foods and beverages at our facilities. Here's an overview of the types of beverages that may be available. Learn more at [allinahealth.org/choosehealthy](http://allinahealth.org/choosehealthy).



### CHOOSE HEALTHY BEVERAGES

Promotes or supports good health

- Water – tap, filtered, unsweetened, seltzer, naturally-flavored or 100% fruit/vegetable-infused
- Unsweetened teas and coffee
- 100% fruit juice (4 oz. serving size recommended)
- 100% vegetable juice (sodium under 140 mg per serving)
- 2%, low-fat and non-fat unflavored milk
- Unsweetened non-dairy milk alternatives



### CONSUME IN MODERATION BEVERAGES

Provide some nutrients but not recommended daily

- Whole milk or flavored milk\*
- Sweetened non-dairy milk alternatives

\* Flavored milk should be nonfat or low-fat with less than 130 calories per 8 oz. serving.



### STOP AND THINK BEVERAGES

Not recommended, quantities limited

- Diet or beverages sweetened with sugar substitutes
- Research is starting to show that drinking these beverages may be bad for your health. They provide zero nutrition and Allina Health does not recommend them. Quantities will be limited and may not always be in stock.

### Allina Health no longer offers sugar-sweetened beverages.

Consuming too much sugar has been shown to increase the risk for obesity, diabetes, heart disease and some cancers. Sugar-sweetened beverages are the leading source of added sugar in many people's diets, so helping people drink fewer of them can have a positive effect on their health.

That's why Allina Health no longer offers beverages that are pre-sweetened with sugar or other caloric sweeteners, including carbonated beverages, fruit drinks, sports and energy drinks, low-calorie drinks and pre-sweetened and pre-made coffee and tea. Learn more at [allinahealth.org/choosehealthy](http://allinahealth.org/choosehealthy).