

WHAT CAN I DRINK?

Some drinks will raise blood sugar and others will not.
Quench your thirst **without** raising your blood sugar.

Drinks that **will not** raise your blood sugar:

- Water
- Diet Soda
- Sugar Free Kool-Aid
- Tea (hot or cold)
- Coffee
- Crystal Light
- Sparkling Flavored Water
- Club Soda

Drinks that will raise your blood sugar a **little**:

- Propel Sport Drinks
- Vegetable Juice (Low sodium V-8)
- Diet V8 Splash
- Minute Maid Light Lemonade
- OceanSpray Light Cranberry Juice
- Other Light Fruit Juices

Drinks that **will** raise your blood sugar:

- Lemonade
- Regular Sodas
- Regular Kool-Aid
- Tea with sugar
- Coffee with sugar
- Sport Drinks
- Gatorade
- Canned tea with sugar
- Punch
- Fruit Drinks
- Juices
- Milk
- Beer (Even Light Beer)

REMEMBER THAT HEALTHY EATING AND DRINKING ARE THE SAME FOR ALL PEOPLE!