

# Q3 REGISTERED DIETITIAN'S PICK SWAP YOUR SODA <sup>or</sup> SPARKLING WATER



STAY COOL AND ENERGIZED THIS SUMMER. HYDRATE WITH **SPARKLING WATER**! WATER DOES MORE THAN QUENCH YOUR THIRST. IT DELIVERS NUTRIENTS, SUPPORTS DIGESTION, CUSHIONS JOINTS AND ORGANS, AND AIDS IN MUSCLE RECOVERY.

TO HELP MEET YOUR DAILY HYDRATION GOALS, TRY THESE TIPS: 1) DRINK WATER BEFORE YOUR MORNING COFFEE, 2) HAVE 12-16 OUNCES WITH EACH MEAL, AND 3) HYDRATE BEFORE AND AFTER EXERCISE.

REMEMBER: YOUR BODY KNOWS BEST, SO SIP WHENEVER YOU ARE THIRSTY! **SPARKLING WATER** IS JUST AS HYDRATING AS STILL WATER, AND IT MAKES FOR A REFRESHING, CALORIE-FREE CHOICE TO ENJOY WITH MEALS AND SNACKS!

**CHOSEN BY** OUR REGISTERED DIETITIAN KELSEY MASSIS, MBA, RD, LD

FOR THE *good* OF  
PEOPLE AND PLANET

**FOOD** *with*  
**PURPOSE** 