

## Beverages



You might want to try beverages that are:

- LOW-CALORIE
- SUGAR-FREE
- PHOSPHORUS-FREE



Water



Calorie-Free  
Flavored Waters



Unsweet  
Tea



Diet  
Fruit Juices



Crystal Light &  
Zero Sugar Kool Aid



Diet Clear Sodas



Diet Root Beer



You might want to limit beverages with:

- CALORIES
- SUGAR
- PHOSPHORUS



Regular & Diet Dark Colored Sodas



Energy  
Drinks



Fruit Juices



Smoothies



Sports  
Drinks



Sweet Tea



Flavored  
Coffee



Flavored  
Waters

