

# Drink more water

Drinking lots of water can help your body get rid of toxins that put you at risk for diseases like cancer. Water also can help you feel full longer so you eat less and maintain a healthy weight.



**Drink at least 64 oz., which is about 8–10 glasses of water, each day.**

## Limit sugary beverages.

Many drinks, especially sodas and juices, pack on the sugar and calories that can add up to unwanted weight gain, increasing your cancer risk.

**Drink one less soda or sugary beverage, and one more glass of water each day.**



Best Choice!

Serving size for all beverages is 12 oz.