

RETHINK YOUR DRINK



RED

Drink Rarely, If At All

- Regular Sodas
- Energy or Sports Drinks
- Fruit Drinks



YELLOW

Drink Occasionally

- Diet Sodas
- Low-Calorie, Low-Sugar Drinks
- 100% Juice



GREEN

Drink Plenty

- Water
- Seltzer Water
- Skim or 1% Milk



**A 20-OUNCE SODA CONTAINS 16 TEASPOONS, OR 16 PACKETS, OF SUGAR!
QUENCH YOUR THIRST WITH LOW OR NONFAT MILK, 100% JUICE OR WATER INSTEAD!**