

RETHINK YOUR DRINK



DRINK RARELY, IF AT ALL

- Regular sodas
- Energy or sports drinks
- Sweetened coffee/tea drinks
- Fruit drinks



DRINK OCCASIONALLY

- Diet sodas
- Low-calorie, low-sugar drinks
- 100% juice



DRINK PLENTY

- Water
- Seltzer water
- Skim or 1% milk
- Unsweetened coffee/tea drinks



STOP - Rethink Your Drink

Help end the suffering from diabetes, obesity and heart disease in our community.