

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, cancer and heart disease in your community.

