

Rethink your Drink

WHAT COUNTS AS A SUGAR SWEETENED BEVERAGE?

Sodas, fruit punches, sports and energy drinks, sweetened waters, flavored coffee, and tea



WHY SAY NO TO SUGARY DRINKS?

Sugary drinks fill you up with sugar instead of the good stuff your body needs.

HEALTH RISKS:

Develop health problems

Weight gain

Bad moods

Low energy

Headaches

Tooth trouble



TIP

Carry a fun reusable water bottle to make drinking water more exciting!



HEALTHY SWAPS FOR EVERY SIP

Water

Infused water

Low-fat milk

100% fruit juice

