

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!**

SNACK SMART!



RED

Eat Rarely, If At All

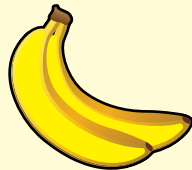
- Candy
- Cookies
- Regular Potato Chips
- Ice Cream



YELLOW


Eat Occasionally

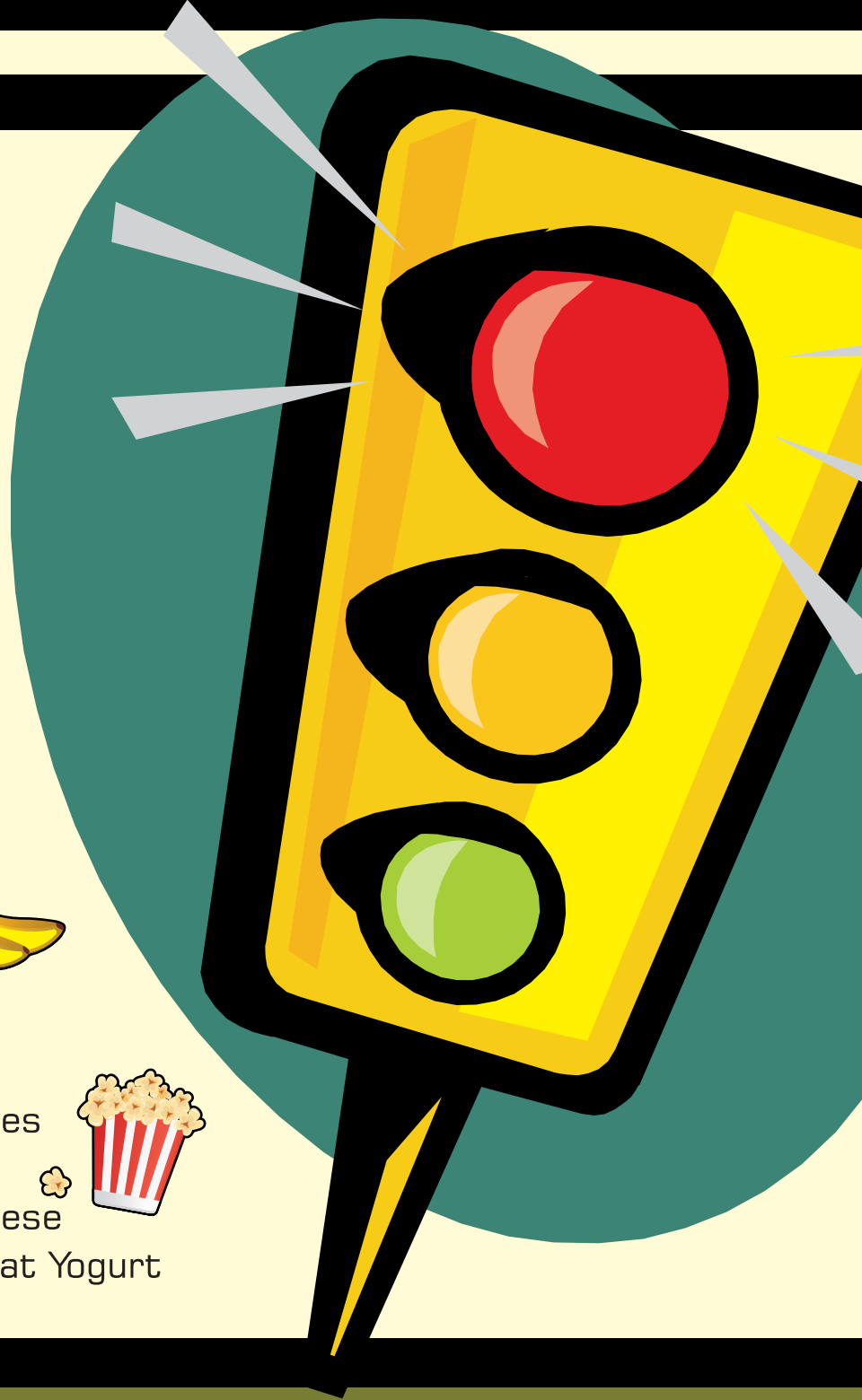
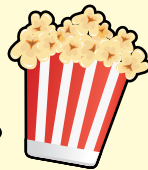
- Pretzels
- Baked Chips
- Dried Fruit



GREEN

Eat Often

- Fruits and Vegetables
- Air Popped Popcorn 
- Low-Fat String Cheese
- Fat-Free and Low-Fat Yogurt



A HEALTHY SNACK CONTAINS 100-200 CALORIES