



# STOP. RETHINK YOUR DRINK. GO ON GREEN.

- Water
- Seltzer water
- Unsweetened herbal tea
- Skim or 1% milk (unflavored)

## GREEN: Go! Drink plenty.

- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice (4 ounces or less)

## YELLOW: Caution! Drink occasionally.

- Regular sodas
- Energy and sports drinks
- Fruit drinks
- 100% juice (over 4 ounces)

## RED: Stop! Drink rarely, if at all.

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