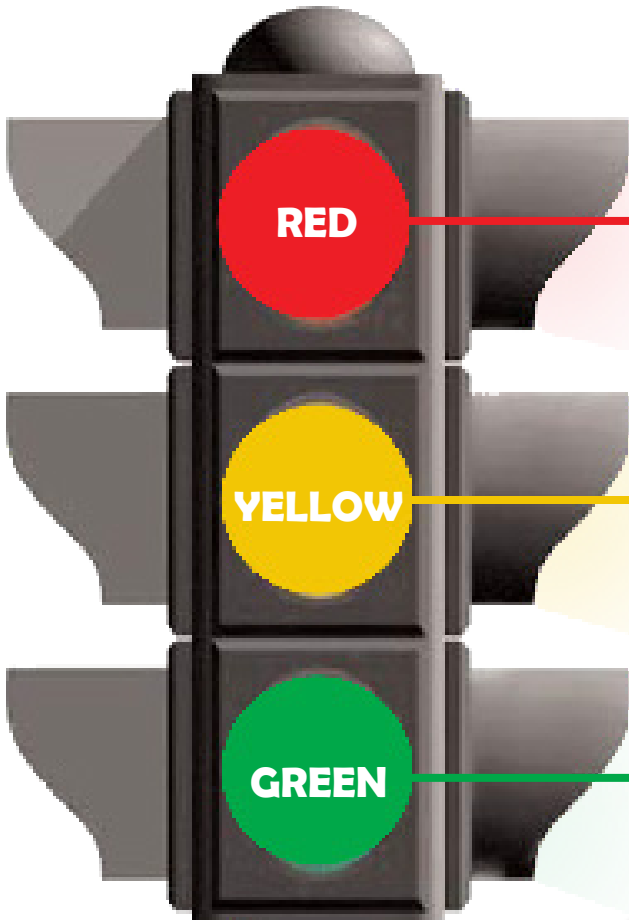


# STOP!

## Rethink your DRINK

## Go On GREEN



### Drink Rarely, if at all

- Regular Sodas
- Sports Drinks\*
- Sweetened Coffee Drinks
- Energy Drinks
- Sweetened Tea
- Fruit & Juice Drinks with added sugar

### Drink Sometimes

- Diet Sodas
- Diet Iced Tea
- 100% Juice
- Chocolate/Flavored Milk
- Low Calorie Drinks
- Low Sugar Drinks
- Low Calorie Sports Drinks (ex: G2)

### Drink Freely

- Water
- Seltzer Water
- Skim or 1% Milk
- Unsweetened Tea
- Unsweetened Coffee

\*Sports drinks are unnecessary for general consumption. They are for rehydration during high-intensity exertion such as marathon running or strenuous exercise outdoors on high heat index days (ex: summer soccer or football).

*Choose the road to a*  
**HEALTHIER YOU!**



**WorkWell**  
WORKING TO MAXIMIZE HEALTH AND PRODUCTIVITY



For more information visit [www.healthylincoln.org](http://www.healthylincoln.org)