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!

For more information visit www.healthylincoln.org