

STOP. RETHINK YOUR DRINK. GO ON GREEN.



RED: Stop! Drink rarely, if at all.



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

YELLOW: Caution! Drink occasionally.



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

GREEN: Go! Drink plenty.



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

Rady
Children's
Healthy Connections
Mind
Body
Spirit

For more information, visit:
www.rchsd.org/ryd

