

# **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 sodas
- Low-calorie, low-sugar drinks
- 100% juice (4 ounces or less)

**GREEN: Go! Drink plenty.**



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