



# RETHINK YOUR DRINK

## GREEN MEANS GO!



### GREEN LIGHT: DRINK FREELY

- Water (including infused, unsweetened, and tap water)
- Seltzer water (unsweetened, including those with natural flavors)
- Skim or 1% milk (or whole milk for children under 2)
- Unsweetened tea, coffee, or non-dairy milk



### YELLOW LIGHT: DRINK SOMETIMES

- 100% fruit or vegetable juice
- Diet drinks
- Skim or 1% chocolate/flavored milk, or nondairy sweetened milk
- Low-calorie/sugar drinks (energy drinks excluded)
- Flavored water
- Low-calorie sports drinks



### RED LIGHT: DRINK RARELY, IF AT ALL

- Regular soda
- Sports and energy drinks
- Sweetened tea, coffee drinks, and juice drinks
- Whole or 2% milk

