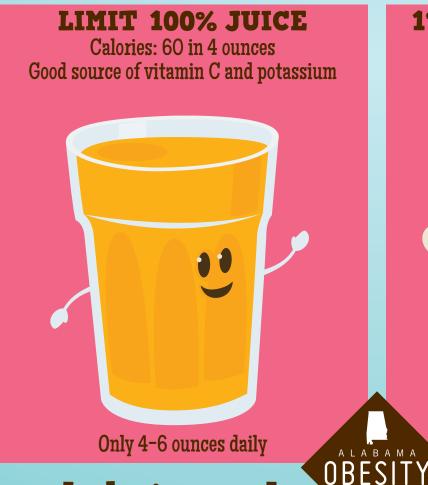


TASK FORCE

## **GROW UP HEALTHY**

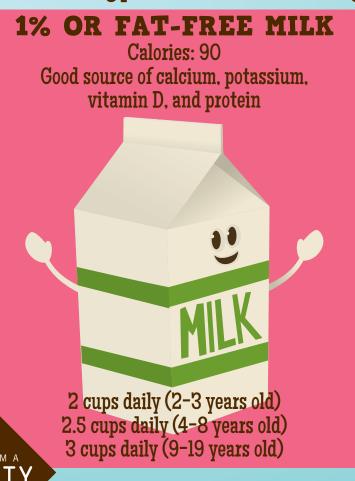
- Drink 1% or fat-free milk at meals and water between meals.
- Drink 100% juice.
- Drink water.
- Have sweetened beverages only as an occasional treat.
- Enjoy meals together as a family.

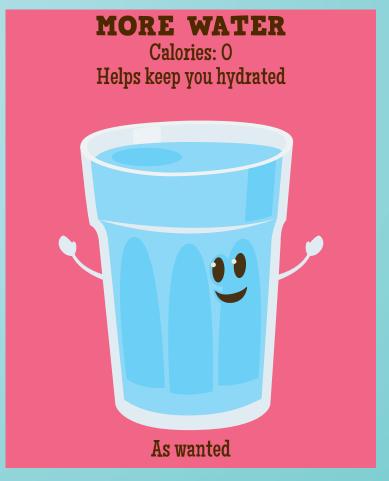
## Calories: 240 in 20 ounces Contains over 16 tsp. of added sugar Not a good source of vitamins or minerals Limit servings



## MAKE HEALTHY CHOICES

- Drink less:
  - Soda Juice drinks, punches, ades Sports drinks
- Energy drinks are never a good idea.





Healthy drinks are a good choice and

will help you grow strong and smart!