MAKE A GOOD CHOICE: RETHINK YOUR DRINK

GROW UP HEALTHY

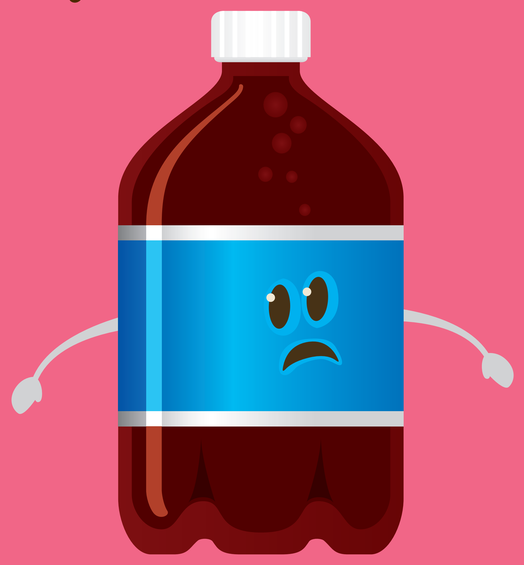
- Drink 1% or fat-free milk at meals and water between meals.
- Drink 100% juice.
- Drink water.
- Have sweetened beverages only as an occasional treat.
- Enjoy meals together as a family.

MAKE HEALTHY CHOICES

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

LESS SODA

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



Limit servings

LIMIT 100% JUICE

Calories: 60 in 4 ounces
Good source of vitamin C and potassium



Only 4-6 ounces daily

1% OR FAT-FREE MILK

Calories: 90
Good source of calcium, potassium, vitamin D, and protein



2 cups daily (2-3 years old)
2.5 cups daily (4-8 years old)
3 cups daily (9-19 years old)

MORE WATER

Calories: 0
Helps keep you hydrated



As wanted

Healthy drinks are a good choice and will help you grow strong and smart!

ALABAMA OBESITY TASK FORCE