Think About... What You Drink!
For Adults

**GO**
These drinks have natural sugar, protein, and vitamins and minerals. We should have these every day!

**SLOW**
These drinks have added sugar and some vitamins and minerals. We should try to limit these drinks.

**WHOA**
These drinks have mostly added sugar. They have very little or no vitamins or minerals. These drinks are not nutritious and should be limited to once in a while.

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This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.