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

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.

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

Warning!!
These are not safe for children to drink!
Drinks like these can give you a headache, make you sick to your stomach, and may be harmful to your heart.

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.