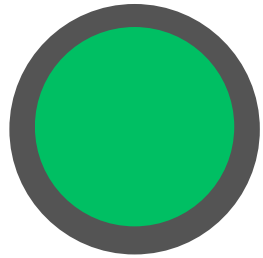


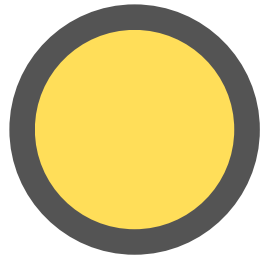
THINK ABOUT...WHAT YOU DRINK



GO

Drink everyday

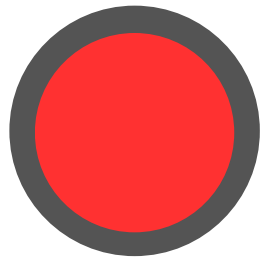
These drinks have natural sugar, protein and vitamins and minerals. We should have these everyday!



SLOW

Drink sometimes

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



WHOA

Drink once in a while

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.

