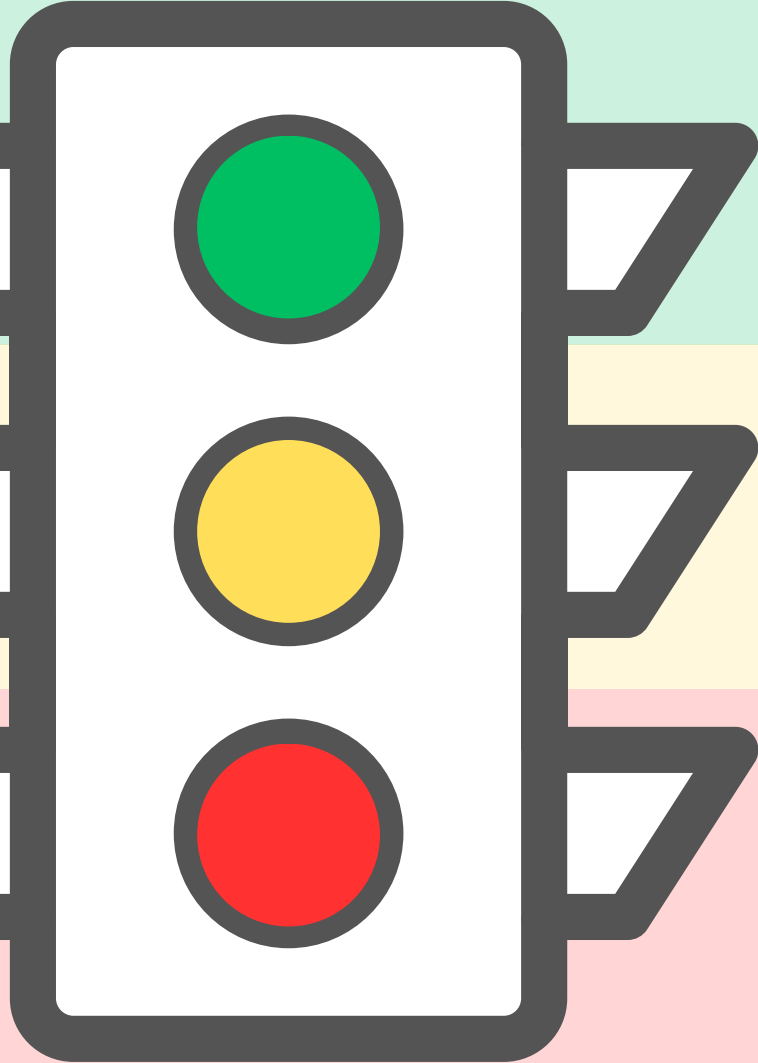


# THINK ABOUT...WHAT YOU DRINK



**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.



**NO**

## 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.

